

HOUSE AND HOME

A Journal for all Classes.

‘An Englishman’s House is His Castle.’

‘There’s no place like Home.’

VOL. II.

[Nos. 24 TO 49, JULY 5TH TO DECEMBER 27TH.]

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OFFICE OF *HOUSE AND HOME*,
335, STRAND.

1879.

PREFACE.

THOSE of our readers who have followed us from the commencement of the year, will find that we have not departed from the Programme laid down in our first issue ; and, if we have not exhaustively discussed all the topics intended to be treated, most of them have received some attention.

House and Home now occupies an acknowledged position in the field of journalism, and no effort, on the part of its conductors, will be spared in rendering it a still more welcome and useful visitor to the homes of Britain.

For the gratifying measure of success attained, we acknowledge our indebtedness to an able staff of contributors, to the friendly notices of the Press, to the expressions of warm approval from eminent scientists and persons of distinction, and to an appreciative public, to whom we have not appealed in vain.

335, STRAND, LONDON, *December 27th*, 1879.

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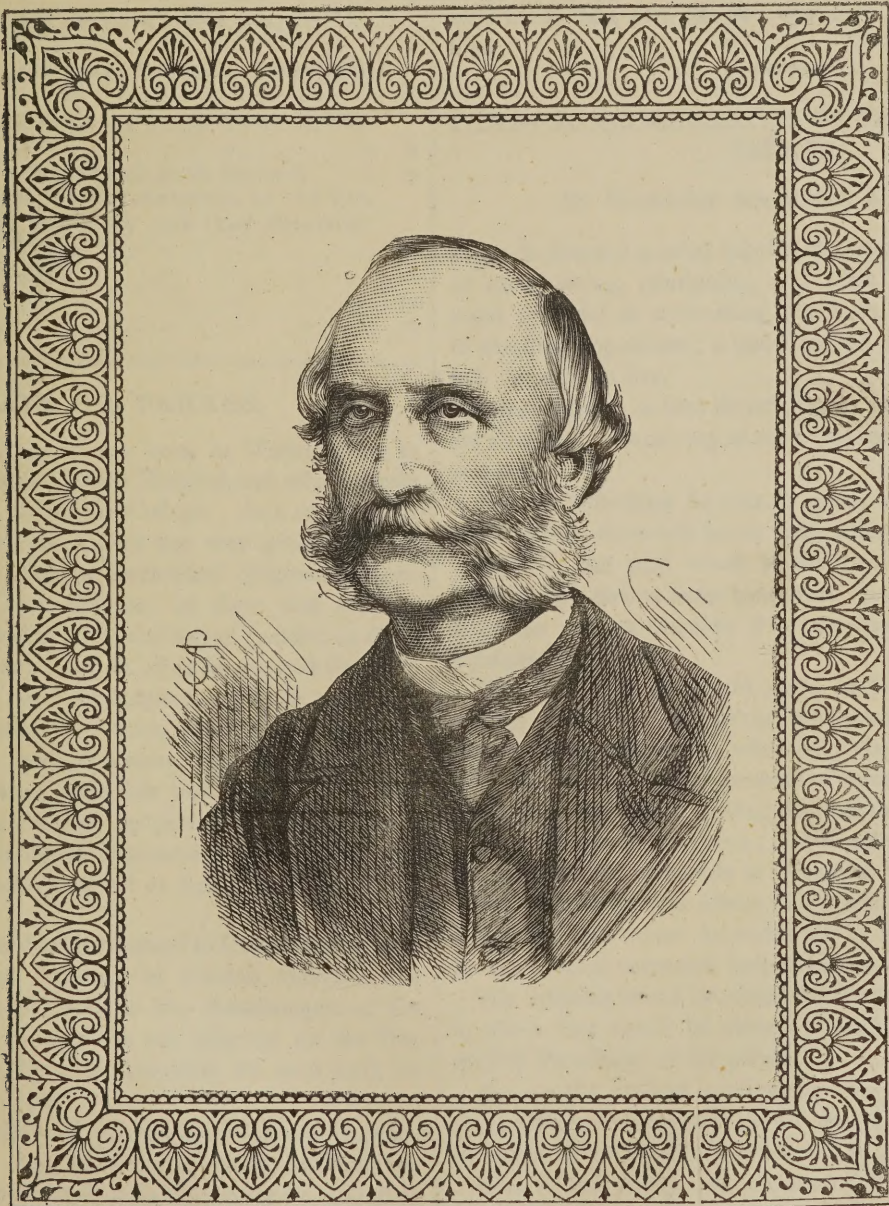
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

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PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE LATE DR. PARKES.

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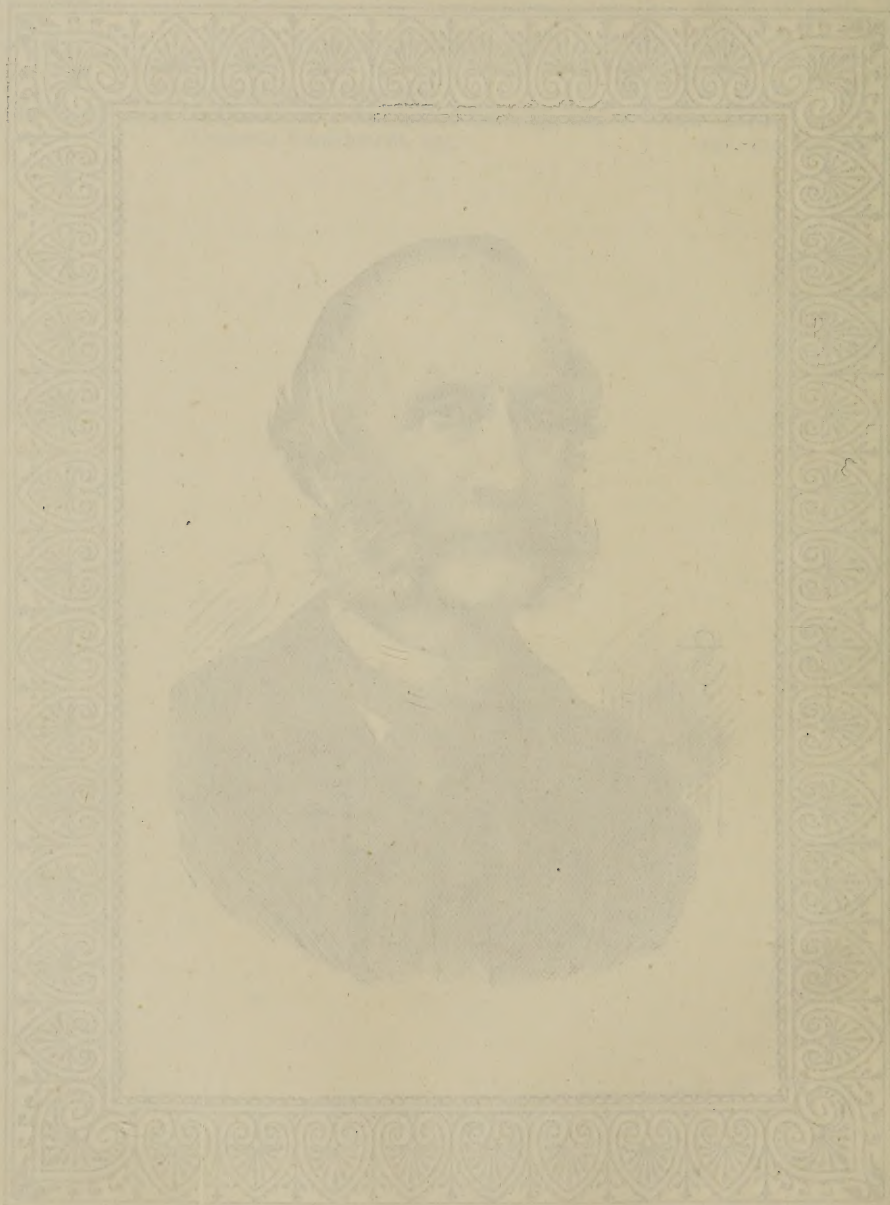
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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: JULY 5th, 1879.

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THE LATE DR. PARKES.

EDMUND ALEXANDER PARKES was born in Warwickshire in 1820. He was educated at Christ's Hospital, and subsequently entered as a student at University College. As a student, his influence for good over his fellows was very great, and the example which he set them of methodical diligence and enthusiasm has not yet been forgotten by those who were his associates. He graduated at the University of London in 1841, taking the highest honours; and in 1842 he entered the army as assistant-surgeon of the 84th Regiment. While serving in India he collected materials for a work, which he subsequently published, on cholera and dysentery, and those who are competent to judge assert that this work would have been worthy of one of the veterans of the profession, and that for a tyro it was a really marvellous production. In 1855 he was appointed to superintend a hospital at Renkioi, on the shores of the Dardanelles.

After the Crimean war Parkes returned to University College, where he was appointed Professor of Clinical Medicine and Physician to the Hospital; and on the establishment of the Army Medical School, in 1860, he was selected for the Professorship of Hygiene. This professorship he held until his death, on March 15th, 1876.

Dr. Parkes was a man who distinguished himself in many branches of medicine. His works on dysentery and cholera, on fever and on the functions of the kidneys, are recognised as masterpieces of their kind, and still hold, and will continue to do so, the first place in medical literature. Whatever Parkes undertook, and no man undertook more, he did conscientiously

and thoroughly, and it was characteristic of him that he threw his whole energy and devotion into the work of the hour. Accordingly, when he was appointed Professor of Hygiene at Netley, he worked with his accustomed enthusiasm at the work before him, and the result was the production of his great work on 'Practical Hygiene,' which is now in its fifth edition. The amount of knowledge displayed in this work is really stupendous, and it is no small glory to this country to be able to claim the author of this, the first, the best, and the only complete text-book on this important subject which at present exists.

Dr. Parkes' moral nature approached perfection. Those who knew him revered and loved him. All who knew him were his friends, and no one was ever heard to speak ill of him.

PHRENOLOGICAL SKETCH OF THE LATE DOCTOR PARKES.

BY PROFESSOR STACKPOOL E. O'DELL.*

HERE is denoted a mind capable of undertaking great things—of commencing, continuing, and what is more, finishing; a mind powerful in overcoming obstacles, in breaking barriers, in assailing opposition; a mind formed for work—for work to tell, for work to live.

Determination is here depicted—no weakness, no hesitation, no wavering. From step to step, onward; from rung to rung, upward.

Let the difficulties be ever so great, let the danger be ever so imminent, there will be no 'pale sickly cast of fear.'

Here is the stuff which is the back-bone of success—a material that goes to make men great, that is absolutely required to enable men to manifest their greatness, and likewise their goodness.

Here is a man who could stand in the trenches for nights without thinking it a hardship; who could go without food for days without murmuring; who could display coolness, calculation, and an ever ready presence of mind in the very front of the enemy, with death dealing destruction around.

Here is large benevolence; but it will not be manifested by much wordiness, or parade of sympathy.

He could act under others, but it would be from a sense of duty; but over others he would be in his right position, for he was born to command both obedience and respect.

His opinions would be valued for the terse confident manner in which they would be given—a confidence derived from a studied knowledge of his subject.

Here is the kind of mind which wins respect, because there is no trifling, no waywardness, no doubt; for where he doubts he will reserve his opinion, so as not to lead astray.

Men of this stamp and temperament it is that are required for great designs, undertakings of weight, pith and moment—

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

for establishing what is weak, for laying deep and strong foundations for building useful, though it may not be ornamental, edifices.

Men of this stamp belong to the wealth of a country—to the commonweal; and whether living or dead their names should be 'household words,' and in every respect they deserve well of their country.

THE PARKES MUSEUM OF HYGIENE.

THE Right Hon. R. A. Cross, Secretary of State for the Home Department, presided on Saturday last at the formal opening of the Parkes Museum of Hygiene, temporarily located in University College. The museum has for its object the diffusion of a practical knowledge of sanitary science, having been established as a memorial to the late Dr. Parkes, who died in the spring of 1876. It will be open free to the public three days a week. Mr. Cross was accompanied to the platform by Viscount Cranbrook, the Duke of Northumberland, Earl Fortescue, Cardinal Manning, Sir W. Jenner, Professor Huxley, Sir Thomas Watson, Mr. Justin M'Carthy, M.P., Professor Erasmus Wilson, Mr. Edwin Chadwick, Sir J. Bazalgette, Inspector-General Mouatt, Professor de Chaumont, Dr. Sieveking, Dr. Russell Reynolds, Mrs. Garrett Anderson, M.D., Miss Helen Taylor, General Farquharson, Mr. George Godwin, F.R.S., Captain Douglas Galton, and the Mayors of Southampton and Wrexham. Letters of apology for non-attendance were read from the Dukes of Cambridge, Bedford, and Westminster; the Marquis of Ripon, the Earls of Derby, Pembroke, Kimberley, and Dunraven; the Bishop of London, Mr. W. H. Smith, First Lord of the Admiralty; Mr. G. J. Goschen, M.P., several other Members of Parliament, and the mayors of numerous provincial towns.

Dr. POORE, the hon. secretary, read the following report:

When Dr. Parkes' lamented death occurred in the spring of 1876, it was strongly felt by his professional and personal friends, as well as by those who had known him officially, that some steps should be taken to perpetuate the memory of a man whose existence had proved of almost unparalleled utility to others; whose life had been from first to last unselfishly devoted to the benefit of his fellow-creatures; whose scientific attainments were of the highest order; and the beauty and perfection of whose moral nature were such as to inspire affection and respect in all with whom he came in contact.

At a meeting, held at the residence of Mr. Erichsen, on April 10th, 1876, it was resolved by those present to attempt to found a memorial to Dr. Parkes, of such a character as to aid scientific investigation and practical study in the subjects to which Dr. Parkes's work had been especially devoted; and at a public meeting held in this theatre, under the presidency of Sir William Jenner, on the 18th of June, 1876, it was unanimously resolved that the memorial should take the form of a Museum of Hygiene.

With a view to carrying out this resolution an executive committee was appointed, and in selecting the members of this committee, the fact was not lost sight of that hygiene is a matter which concerns all classes; that it is a many-sided subject, and is not the special property of one profession, or of one section of the community more than another. It was with a view to the thorough representation of hygiene, in all its aspects, that the committee was made to embrace gentlemen of many professions, and we were fortunate in being able to find in this college not only physicians and surgeons, but professors of hygiene, architecture, engineering, and chemistry, who have all aided in furthering the work which we officially inaugurate to-day.

At the time of the formation of the executive committee the funds in hand amounted to about £520, and with this modest sum they had to set about the work which had been entrusted to them,

of establishing a museum of hygiene not unworthy of the man whose name it was to bear.

The first difficulty was in finding a suitable locality for the museum, and the committee desire to take this opportunity of expressing their deep sense of the timely help which has been rendered them by the Council of University College, who, on February 7th, 1877, placed at their disposal the rooms in which the collection is now arranged. Without this help nothing could have been accomplished, for the funds at the disposal of the committee were not sufficient to rent, and still less to erect, a suitable building for the museum. The Council of University College have, however, stated that they cannot guarantee a permanent home for the museum, so that it becomes the duty of the executive committee to make serious efforts to obtain, by purchase or otherwise, a permanent resting-place for the various articles which they have collected. The rooms which the museum at present occupies have a large area, and are fairly well suited for the purpose to which they have been put. Their chief defect is a want of facility of access, and it is evident that when the committee is in a position to become possessed of a building designed especially for their purposes, this and some other present shortcomings will cease to exist.

In determining what the museum should contain, the committee have become practically acquainted with the fact that hygiene is a term which is capable of very wide application. They have tried, however, to limit their endeavours mainly to an attempt to illustrate visually the various subjects which are treated of in Dr. Parkes's comprehensive book on practical hygiene. The articles exhibited are arranged in six groups under the headings of

1. Engineering and local hygiene.
2. Architecture.
3. Furnishing.
4. Clothing.
5. Food.
6. Preservation and relief.

To these must be added a library, which is perhaps the most important department of the museum. A museum without a library would be comparatively useless, and the committee hope that the library attached to the Parkes Museum may in time become of great use as a centre of reference for students and for persons engaged in research.

The committee gratefully acknowledge the encouragement and support which they have received.

Her Majesty the Queen, who is well known to take a deep interest in all that concerns the advance of sanitary knowledge, has shown her gracious approval of this attempt to found a central institution for the instruction of the public by a munificent contribution to our funds; and his Royal Highness Prince Leopold and other members of the Royal Family have also marked their approval of the scheme in a similar manner.

The committee are anxious also to record the fact that all departments of the State to which application has been made have afforded them a cordial assistance. The Admiralty and the War Office have sent books and other material; the Secretary of State for India has made a valuable contribution of sanitary reports; the Lords of the Committee of the Council on Education, the Local Government Board, and the Registrar-General have made important contributions, and the Secretary of State for the Home Department marks his approval of our undertaking by his presence in the chair.

The committee are deeply indebted also to the Government of the United States, the City of Brussels, and the Chairman of the Metropolitan Board of Works; to Sir Joseph Hooker, who has contributed abundantly from the Museum of Economic Botany at Kew; to seven public associations; to twelve of the leading London publishers, and to upwards of one hundred different manufacturers and individuals, who have contributed articles to the museum or books to the library. The committee desire to express their grateful acknowledgments to the Press—medical, scientific, and general—for the encouragement and assistance they have at all times rendered. The committee deem it right to mention specially the very valuable assistance which they have received from Mr. Thomas Twining, of Twickenham. That gentleman has been indefatigable in his efforts for the good of the museum. To his generosity is mainly due the collection of food articles, which, arranged as they are with rare knowledge and judgment, form a most interesting and instructive display. They are indebted to Mr. Twining also for the admirable synopsis which he has published for the guidance of contributors, and which is well known to most of those here present. The committee regret that the state of

Mr. Twining's health does not permit of his being present at the inauguration of a work in which he has had so great a part.

Since its first appointment there have been several changes in the executive committee. Mr. Erichsen has been succeeded in the post of Treasurer by Mr. Berkeley Hill, and Professor Russell Reynolds, on his resignation of the chair of medicine in this college, was succeeded by the present Professor, Dr. Ringer. As originally constituted the committee was composed entirely of members of the teaching staff of this college, for the museum had its origin in a desire to perpetuate the memory of, and do honour to, Dr. Parkes in the institution where he was educated, and where he helped to educate others. Several circumstances have conspired, however, to widen the views of the committee, and their aim now is not to provide a museum which shall be of use merely to the students of one educational establishment, but rather to found a great central institution for the instruction of the public, where not only professional men, but owners of property, employers of labour, manufacturers, artisans, and other persons, both men and women, may study at their leisure the subjects in which they are most interested. For the furtherance of this object the original committee was enlarged by the election of members having no official connection with this college, and it is gratifying to be able to state that Mr. George Godwin, F.R.S., Mr. Rogers Field, Mr. Netten Radcliffe, and Dr. Steele, of Guy's Hospital, have become the colleagues of the original members.*

At the beginning of the present year Mr. Mark H. Judge was appointed curator, and his zeal and energy have already proved of great service to the institution.

It is shortly intended to institute, for the benefit of artisans practically engaged in sanitary work, a series of demonstrations of the uses of hygienic apparatus, under the direction of Professor W. Corfield.

A catalogue is in course of construction, which it is hoped will serve as an efficient guide to the museum. It will be illustrated, and a full and accurate description will be given of each article exhibited. The catalogue at present in use is incomplete and temporary. It has been put together hurriedly, and is intended to serve mainly as a groundwork for the more extensive and complete catalogue, or rather handbook, which is to follow.

The financial condition of the museum is scarcely satisfactory. Up to the present time the subscriptions amount, in round numbers, to £1100. The committee has always felt that, if the museum is to be a permanent success, an endowment is absolutely necessary for the payment of a curator, and to meet the necessary annual expenditure. Even in its present position, without any expenditure for rent, rates, or taxes, it is estimated that at least £200 a year will be necessary to render the museum thoroughly efficient; for a museum not properly cared for and properly replenished must soon degenerate into something little better than a lumber-room. When it becomes necessary to erect a separate building for the museum, a large sum of money will, of course, be required. With a view to the formation of that endowment fund which is felt to be so necessary, the committee have invested in the names of trustees £600 of the funds subscribed. Of the rest the greater part has been spent, and only a very small sum remains in the hands of the Treasurer to meet current expenses. It will be seen, therefore, that funds are urgently needed; and the committee confidently appeal to all those who are interested in technical education and sanitary science to help them in the work which they have on hand.

Those who have listened to this report, and who have also seen the museum, may be inclined to make unfavourable comparisons between our aspirations and our accomplished acts. We are aware that the museum is at present manifestly incomplete. This is necessarily the case. A museum must be a thing of slow growth. The present collection is but a skeleton; a mere foreshadowing, we hope, of that which is to be; an earnest of our intentions in the future, and not by any means the consummation of them. The beginning—not the completion—of the museum may be said to date from to-day. Whether the hopes and intentions of the committee are to be realised depends entirely upon the public. If they are satisfied that the committee has so far given a good account of its stewardship, we feel sure that funds and material will be forthcoming to

make the Parkes Museum a national and a useful institution, worthy of the important subject which it illustrates and the great name it bears.

Mr. CROSS, who on rising was loudly cheered, said: 'My Lords, Ladies, and Gentlemen: I do not intend to make a long speech, as most of you, no doubt, understand this subject as well, if not better, than I do. I am here to-day to testify, as far as I can, my hearty agreement with all the objects you have in view. First of all, I agree with the great object you have in testifying to the important benefits which were undoubtedly conferred on his fellow-countrymen by the gentleman whose name this museum bears. It is unnecessary for me to enlarge on the useful and extended sphere of his life, or to allude to the self-sacrifice, which was his standing habit and practice for his fellow creatures but it is sufficient to know that the memorial which has been erected to him under your careful charge is the one memorial which he would have liked. (Hear, hear.) It is a source of gratification that her Majesty the Queen should have testified, in the way she has done, her appreciation of the mode in which you hope to contribute to the health, comfort, and well-being of her subjects. (Cheers.) This museum is an institution of infantile growth; but considering the short time the matter has been in hand it has grown rapidly, and is likely to grow much more. I do not rely so much on the term "hygiene" which you have used, but I prefer the old-fashioned word "health," and when I say health I mean it in its widest sense, which includes social, moral, and physical health. (Hear, hear.) We all have at heart the social, moral, and physical welfare of our fellow-creatures, and we all know that the actual state of health contributes much towards the moral and social well-being of the people. We are in the habit of hearing and saying very hard words about the drunkenness and vice which prevails amongst the poorer classes. I always hear that sort of language with regret, because allowance is not made for the want of education or the physical suffering and degradation of those people. (Cheers.) With regard to physical health, you have a large field for your operations, and you want, as far as you can, to bring to bear upon the subject the great scientific knowledge many of you possess. What, as I understand it, you want to do is to get all the scientific knowledge on the matter applied to practical life, for we know that a great amount of the misery and disease which exists is preventable. (Cheers.) One of the objects, then, of this museum is to hunt down disease—to drive it into a corner and stamp it out. The causes of many diseases are preventable when taken in time, and what you practically want to do is to restore the actual birthright of every citizen—pure light, pure air, and pure water. (Cheers.) We cannot for a moment conceal from ourselves that the inhabitants of great cities are at a great disadvantage in this respect. (Hear, hear.) You want to restore to the inhabitants of towns what the people in the country possess, and to secure the best clothing, the best food, and the best homes possible for the people at large. If those objects are carried out you will, I am sure, come to the conclusion that the actual physical health of the people will be improved. (Cheers.) The difficulties you will have to contend against are carelessness, indifference, ignorance, and selfishness. You will have to rebuke carelessness, to awaken the indifferent, to enlighten the ignorant, and to stamp out that selfishness which is so

* The original Committee consisted of the following:—Sir William Jenner, Bart., K.C.B., F.R.S., *Chairman*; Dr. Corfield, Professor of Hygiene; J. E. Erichsen, Esq., F.R.S., Professor of Clinical Surgery, *Treasurer*; A. B. W. Kennedy, Esq., C.E., Professor of Engineering; Hayter Lewis, Esq., F.S.A., Professor of Architecture; John Marshall, Esq., F.R.S., Professor of Surgery; Dr. Russell Reynolds, F.R.S., Professor of Medicine; Dr. Williamson, F.R.S., Professor of Chemistry; and Dr. W. R. Gowers and Dr. G. V. Poore, *Honorary Secretaries*.

hurtful. During the passage of the Artizans' Dwellings Act a very respectable-looking man came to my office to draw my attention to a point which he thought I probably had overlooked. He said, "I have saved my money, and invested in house property such as the Act proposed to sweep away, and which pays me an enormous interest, which I cannot afford to lose." I told him, "The sooner you leave this room the better, because you will get no sympathy from me." (Cheers.) I have stated the objects of this museum, and it is from the beginning to the end of this question that you want reform. It is wanted in the house by the architect and by the engineer, for in our present system of sewage there is often created the greatest evil. You want reform also in clothing, and in the manner of preparing food, and attention to things which are apparently small will create the greatest amount of domestic happiness. (Cheers.) There is no matter so small as not to receive attention at this museum, and which will not have the fullest weight given to it that it deserves. I wish to give my heartiest assent to this movement, and if at any future time I can do anything to promote its success I will do it. (Cheers.) There are thousands of people who live in crowded places—such places which few of you in this room would venture to go into, and if obliged to live in them for a week would hardly be alive. You cannot imagine the degradation and suffering which the poorest classes in large towns are subjected to, and the impossibility, or nearly so, of their getting out of scenes of vice and misery. (Cheers.) I trust you will go away from this meeting with the determination to do all in your power to remove all these disabilities, and so improve the health, the moral, social, and physical condition of the masses of the people. (Loud cheers.) I now declare this museum open, and call upon the Duke of Northumberland to move the first resolution. (Cheers.)

The Duke of NORTHUMBERLAND moved, and Professor GODWIN seconded, the following resolution, which was agreed to:—"That the Parkes Museum, as fulfilling an educational want which has been long felt, is well worthy of public support."

Viscount CRANBROOK, who was received with much applause, moved—"That the best thanks of this meeting be accorded to the President and Council of University College for the assistance they have rendered in the development of the Parkes Museum, and for the loan of the Lecture Theatre for the present occasion." His lordship said: "A good deal has been said about the lower classes this afternoon; let me say something of the upper classes, who are likewise great sufferers from the want of scientific knowledge in sanitary matters. There is no one who attends great assemblies who is not half smothered by the atmosphere of such places, and I think those who take part on those occasions deserve almost as much pity. (Laughter.) This movement must go down from the higher classes, because education has not sufficiently reached the lower classes, and without education you may put sanitary conditions within the reach of the poor, and yet fail to bring about the result you desire. You must educate the higher classes, for if those above are so ignorant or careless it is not likely that they will trouble themselves for others. (Cheers.) Sanitary arrangements, very excellent in themselves, are often inefficiently carried out; and such works if imperfectly done generate worse diseases than where there are more imperfect arrangements. With the old

cesspools we knew what we were about, but now people do not know, in most instances, what the sanitary arrangements of their houses are. The education in this matter should go far and wide, and especially to those who are the owners of houses. If you begin there you will get down to others below. I believe the work is a good one, but people must learn to understand that the health of their servants and neighbours is a matter which affects everyone. (Cheers.) When, therefore, you are improving the sanitary condition of this country, you are doing a work which is not only for the benefit of towns, but for every place. You must teach the upper classes, and eventually you will arrive at a conclusion which will repay you. With regard to the suggestion that the Government should find a suitable home for this museum, it will take years to make a Government do that. I cannot promise you much, but do not depend on Government aid. Depend on yourselves—(cheers)—and as you have begun independently so go on, and be thankful to this educational institution (University College) for what they have been able to do for you. (Cheers.)

Cardinal MANNING seconded the motion, which was agreed to, and Mr. E. ENFIELD replied on behalf of the University authorities.

Dr. BERKELEY HILL read out a list of subscriptions, and reminded the meeting that funds were urgently needed to carry on the work.

Sir W. JENNER, in proposing a vote of thanks to Mr. CROSS for presiding, corroborated Lord CRANBROOK's statement as to the insanitary condition of the houses of the rich, and added that the people employed to look after sanitation in such houses knew nothing about it. Commenting on the presence of Mr. CROSS and Lord CRANBROOK, he said that those gentlemen had shown by their speeches that the health of the community at large was near to their hearts; but if they would pay more practical attention to sanitary matters and less to war, he was sure there would be an improvement. (Loud cheers.)

Professor HUXLEY seconded the motion, and suggested as a motto for the museum, 'The people perisheth for lack of knowledge.' If the Home Secretary would employ his great influence with the Government and the House of Commons to stay the unfortunate movement which now seemed rising, and which appeared intended to dam the tide of education and prevent the very classes which science ought to reach from being impregnated with a desire to learn, he would add vastly to the obligations of men of science towards him. (Cheers.)

The vote having been heartily passed, was briefly acknowledged by the right hon. gentleman, and the meeting closed.

VENTILATION OF CUPBOARDS.—The ventilation of cupboards is one of those minor matters that are frequently overlooked in the erection of houses, while the want of a thorough draught is apt to make itself unpleasantly apparent to the smell. The remedy of the defect is, however, very simple, says a trade organ. If possible, have perforations made through the back wall of the closet, and a few in the door; when the wall of the closet cannot be perforated, bore holes freely in the door at the top and bottom. To prevent dampness, with the accompanying unpleasantness and injurious effects of mildew in cupboards, a tray of quicklime should be kept, and changed from time to time as the lime becomes slaked. This remedy will also be found useful in safes or muniment-rooms, the damp air of which is often destructive to valuable deeds and other contents.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE SOCIETY FOR IMPROVING THE CONDITION OF THE LABOURING CLASSES.

THE thirty-fifth annual meeting of the above society was held on the 26th ult., at Willis's Rooms, St. James's, the Right Hon. the Earl of Shaftesbury, K.G., presiding.

The Secretary, Mr. Alewood, read the following report and abstract of accounts :

'In presenting their thirty-fifth annual report, the Committee of the Society for Improving the Condition of the Labouring Classes desire again to put on record their public recognition of the gracious providence of God, which has hitherto led and supported them in their labours.

'Your committee are thankful to be enabled to report favourably of the society's usefulness, in its more immediate business of promoting improvements in the dwellings of the Industrial Classes.

'The society's plans for model cottages are being applied to rural districts and provincial towns, where the necessity for domiciliary improvements and the feasibility of their accomplishment have been realised.

'The operations of the society have not exceeded the limit of some former years. No new building has been erected or any new adaptation of existing premises been entered upon. It will be remembered that your society was never pledged to any continued series of erections and improvements; but at the same time your committee are only too anxious to extend their work, if their friends and supporters would aid them by supplying funds.'

'The society was instituted for the express purpose of dealing with a great difficulty which beset the welfare and comfort of the working man, and it is very gratifying to know that other efforts have sprung from the example set by your society not only in England, but also in America and the colonies; and your committee feel that out of each year's experience there arises enough to give encouragement in the society's work, and to ask for continued and augmented aid.

'In these days of demolition of the homes of the labouring man, who is engaged in irregular industry, and who does not know in what part of this great metropolis he may next find work, he is compelled to make his home here. Artizans may for years resort to one place of work, and can therefore make use of a fixed home in the nearest suburb.

'Your committee feel that at no time was the want of decent abodes for the poorer classes more felt than at the present, for an unhealthy home is often the cause of the breadwinner's falling sick, and then what follows? Medicine, attendance, and last, but not least, they often become a burden upon the rates. To the wretched home can be traced much of the intoxication that prevails amongst the labouring class, quoting the words recently used by Mr. Secretary Cross: "People talk of drunkenness, idleness, and dissipation, and vice, but I do not believe there is anything that has the hundredth part of the effect to cure these evils as that of putting it within the power of working men to help themselves, and to provide cheerful homes for those in whose interest they are most concerned."

'Your committee learn with satisfaction that a new Bill has lately been introduced by Mr. McCullagh Torrens, M.P. for Finsbury, to the House of Commons, having special reference to the opening out of closed or

partially-closed alleys or courts, leaving such open spaces as may be necessary to make the alleys or courts healthful. Should this Bill be passed, this measure will do much to strengthen the hands of those who are fighting the battle against foul air, squalor, and disease.

'Your committee feel that they will not appeal to their friends in vain by asking them to assist in this great work by supplying funds to enable them to adapt and renovate houses in many of the poorer parts of this great city, and so give the labouring classes a well-ventilated, clean, and cheerful home.

'Your committee are not only anxious to keep the establishments they now have in their present state, so that your society is able to stand side by side with others and suffer nothing by the comparison, but to extend their operations on a much larger scale. Much has been done, but a great deal requires to be done. The home is the manufactory of the man, and as the home is so will the man be.

'Your committee are glad to inform their friends that the society's property is in a good and substantial state of repair, but owing to heavy price of labour, material, etc., the outgoings have again been heavy, arising from necessary repairs and increased demand of improved sanitary oversight.

'Your society is yearly chargeable with a large amount of interest due on loans originally advanced and not as yet repaid. Your committee are, however, gratified to state that they have been enabled to reduce the society's floating debt by £1,140 during the past year. This is a cause for renewed thankfulness and encouragement.'

[We omit a detailed statement as to the condition of the properties, which we hope to give next week.]

'In bringing their report to a close, your committee are certain that their friends and supporters will agree with them that the first method of raising a man above the life of an animal is to provide him with a healthy home. The home is, after all, the best school of the world. Children grow up into men and women there; they imbibe their best and their worst morality there, and their morals and intelligence are in a great measure well or ill trained there. Men can only be really and truly humanised and civilised through the institution of the home. There is domestic purity and moral life in the good home, and individual defilement and moral death in the bad one.'

The Rev. C. J. Whitmore moved, and the Rev. Canon Nisbet seconded, the following resolution :

'That the report now read be adopted and circulated under the direction of the committee, and that this meeting desires gratefully to ascribe to the Divine blessing any success which has attended its efforts to improve the condition of the labouring classes.'

The Rev. F. J. C. Moran moved, and Sir George Osborne, Bart., seconded :

'That the following gentlemen, who vacate their places on the committee according to the provisions of the charter, be re-elected, viz.: The Right Hon. Wm. F. Cowper-Temple, M.P.; George Arbuthnot, Esq.; Baron Dimsdale; H. Powys Keck, Esq.; and that Thomas Wilson, Esq., be elected in the room of Lord Charles Bruce, M.P., resigned. Also, that Robert Lowe, Esq., and William Odhams, Esq., be appointed auditors for the ensuing year.'

The Rev. P. S. O'Brien moved, and Alexander Haldane Esq., seconded :

'That the warmest thanks of this meeting be presented to the Right Hon. the Earl of Shaftesbury, K.G., for his kindness in presiding on the present occasion, and devoted attention to the business and objects of the society.'

The noble chairman said that the question of the improvement of the condition of the labouring classes lay at the very root of our social and material progress. This society had some satisfaction at its annual meetings, for they had a right to boast that they were the founders of this movement. It was in that building that the first meeting was held for the improvement of the domiciliary condition of the working classes, about the year 1842. At that time, so little were the people acquainted with the condition of the houses in which the labouring classes

dwelt, that it was treated as an entirely new question, and people thought the society was touching something which did not require very serious attention. He was happy to say that the improvement of the condition of the working classes in their domiciles was a matter of commonplace—everybody admitted it, although he did not mean to say that everybody did all they could to improve it. They had found that the people themselves desired to have improved dwellings, and that if they were offered at a small figure they would find plenty of applicants. But they had to consider another class, which as yet had been beyond their reach. They had been able to do something for married people having a certain income, and the skilled artizan with from 16s. to 20s. per week. Many of these had improved dwellings in the town, or had been able, by using the penny train, to go to the suburbs; but what they had to consider was a very large class indeed of the ordinary labourers, who lived from hand to mouth, who depended on odd jobs got from day to day, whose average wages were very small during the whole course of the year. It was a very enormous class, and he did not believe they could afford to pay more than 1s. or 1s. 6d. per week for the accommodation they required. Well, this might do well enough for a single man, but it was quite impossible for a married man to get a place for his family to live in, consistent with the requirements of decency and health. Until they could devise some means whereby they could bring the houses occupied by the poor within this limit as to rent, they would have a large, seething multitude full of immorality and ill-health amongst the population of this great city. As to the clearances which had been effected in London, and which caused them to say of some improved localities, 'How beautiful!' they did not consider that all this had been gained by the sufferings and discomfort of hundreds and thousands of the working people. No doubt to a certain extent these clearances must do a great deal of good to the inhabitants of large towns, opening channels of fresh air in closely-confined localities. This had been done by the clearance which was going on by the Metropolitan Board of Works. But look at the misery caused to hundreds of thousands of persons who were turned out to make way for this improvement. They could not go far. The consequence was that houses already overcrowded were overcrowded to suffocation, and that families lived under circumstances terrible to contemplate. The chairman instanced the locality of Pye-street, Westminster, where the clearance was going on, as being worse than it was before the operations began. The Metropolitan Board of Works had proceeded on a principle the very reverse of that which was pursued in Glasgow. There they displaced tens of thousands of people, but they went on a very judicious and kind principle. They would not displace more than 500 people at a time, and even then not until it had been ascertained that there was sufficient lodging for the people at a convenient distance from the spot they were removed from. The noble earl then contrasted the state of the houses of the English peasantry now with that which rendered them notorious twenty-five years ago, and remarked that in all the cottages belonging to the principal landowners, the improvement was so great, that a visitor who had seen these cottages a quarter of a century ago would not now recognise them as being the homes of the same class of people. So long as

they left the domiciliary condition of the people unnoticed, so long would the efforts of the School Board be thrown away. A child unlearned in one hour, in the midst of a filthy, overcrowded tenement, all it had learned of order the preceding five hours at school. This had now become a received opinion; and all that was necessary was that the people should make great efforts to introduce that improvement which was absolutely necessary for the vitality of the country. The workman must be kept near to his work. They could not drive him away from the point where he had formed all his connections. What he had wished was that a great effort should be made to improve the condition of the houses they now live in by improving the drains, putting them in repair, etc. For £1,000 they could do in this way what it would take £9,000 or £10,000 to do if they went and built the houses from the foundation. This had been done to the houses belonging to the society, and had answered the purpose most satisfactorily. The chairman concluded by saying that he did not know any man who was more likely to resist the socialist and the agitator than the man who knew that if the country was disturbed by revolution he would be one of the foremost to suffer.

THE ARTIZANS' DWELLINGS ACT (1875).

CITY OF LONDON COMMISSIONERS OF SEWERS.

ON Tuesday, 24th ult., a meeting of the City Commission of Sewers was held at Guildhall, for the transaction of business, Mr. W. J. Scott presiding.

DR. SEDGWICK SAUNDERS, the Medical Officer of Health, reported, under the provisions of the Artizans' and Labourers' Dwellings Act, 1875, the bad state of a district in the City which for many years past had been notorious for its unhealthiness, and recommended the promotion of a scheme for its improvement. The houses affected were, he said, situated in certain courts and alleys abutting on Shoe-lane, Fleet-street, and consisted of ten houses in Gunpowder-alley, one in Gough-square, five in New Street-hill, three in Daw's-court, two in Dove-court, and nine in King's Head-court—in all, 30 houses inhabited by 284 persons. The houses were, with one or two exceptions, unfit for human habitation, and the ailments of the inhabitants indicated a low condition of health, and were attributable to the closeness, narrowness, and bad arrangements and ventilation of the places, and the dilapidated construction and bad drainage of the houses. An improvement in the neighbourhood was necessary, looking to the large numbers of printers and compositors whose business required them to live near their printing or newspaper offices. The suggestions of Dr. Saunders were referred to a committee. During last week he further reported eleven tons of meat had been seized and destroyed.

The Commission then adjourned.

THE ARTIZANS' DWELLINGS ACT (1868)

EXTENSION BILL.

CHELSEA VESTRY.

THE usual weekly meeting of this Vestry was held, on Wednesday, 25th ult., at the Vestry-hall, King's-road, Chelsea, Mr. E. Kingsbury in the chair.

DR. BARCLAY, the Medical Officer of Health, stated that he had had an interview with Mr. M'Cullagh Torrens, M.P., on the subject of this bill. It was a very important measure, and he asked Mr. Torrens whether anything could be done to expedite matters, as it seemed to be doubtful whether an opportunity would be afforded for the bill to be proceeded with. Mr. Torrens said if anything could be done by the vestry to bring pressure to bear on Mr. Gordon, M.P., it would be very desirable, as the honourable gentleman was on the ministerial side of the House, and might represent the matter to his colleagues. The clerk stated that Mr. Gordon had already been written to, asking him to support the bill, with the alteration of making the vestries and district boards the authority under the Act, instead of the Metropolitan Board of Works. Dr. Barclay said he was personally very anxious that this bill should pass, because it would afford them a chance of removing 'the slums.' He did not think the Metropolitan Board would ever do anything for them, and their only chance of remedying the evil was for the vestry to do the work itself. Mr. Torrens was happy to amend his bill in any way to make it more workable, and if it were passed it would confer on the vestries the power to deal with unsanitary places. On the motion of Mr. Eaton, it was resolved that a further letter be written to Mr. Gordon, urging him to support the bill.

The Vestry adjourned.

COLONIAL HOMES I HAVE KNOWN.

By JAMES BONWICK, ESQ., F.R.G.S.

MANY years ago, when riding through a lonely Australian forest, I suddenly came upon a *clearing*. Going up to the hut, a woman appeared and bade me welcome. According to *bush* usage, she hastily swung the kettle over the fire, and cut off a chop for the stranger.

The hut was a rough one, indeed, and evidently of recent erection, but as clean and tidy as if visitors were expected, instead of being off the track in the wilderness. As the good soul was watching the frying-pan, and waiting for the water boiling, she told me her story. It had nothing sensational about it, but was only about *house and home*.

She had been brought up in an English village, and *hard brought up*, as she said. In due time a lad led her to a new home. He proved 'a good master' to her, and a good father to boys. But it was such a trouble to live, do all they could. 'You know,' said she, 'he had but ten shillings.' She worked hard and saved waste. Yet, as the table got crowded up with hearty little ones, the wages never grew.

When well-nigh desperate, the escape door opened and they were all carried off to Australia.

'However did you get up the resolution to come?' I asked. 'My old man's wrinkles and sighs made me go,' was her reply. I bade her go on with her tale.

'The new ways of the country bothered me at first,' she said. 'After a time I found out the wages never could get spent. Master never went to the *public* in our village, and never took anything stronger than tea here. So, one day he said to me, "Jane, I'm afraid Government will fail, and our Savings Bank break." Now, you know, his wrinkles had got less, and he was

fond of a joke, so I thought he meant something. And he did, too, for he soon cried out, "I mean to have a farm, woman." Then I said, "Do you think you are a squire because you've saved such a lot?" Well, he left his place to look for a bit of land; and now here we are.'

'Perhaps,' said I, 'your husband will soon shift his quarters.'

'Not he,' rejoined the good woman, 'he always used so to wish he had a home of his own, and now he has got it he will stick to it. He tells me he has thirty years' work to do, he and the boys, before he gets all in prime order. He is got so proud now, and declares our old squire will not have a farm equal to his when the work is done.'

'What about Sunday up here?' I asked.

'Why, it *is* here,' said she, 'when it comes, as much as ever it was at home. God has been good to us, and we don't forget it.'

As I rode away from that humble but hospitable hut, I saw the *master* at work with the bullocks. I am sure he never was so nimble when a deal younger, and on ten shillings a week.

People in England wonder at the self-assertiveness of colonial folk. It is all because so many of them have a house and home of their own. To own a bit of land or a little freehold house in town, is quite enough to make a working man feel independent and his wife quite proud. The fellow that swaggers at a *public* counter here, singing 'Britons never will be slaves,' and then asking trust for another pint, is quite a different character from his old steady mate who calls a place his own out there.



ARE THE NERVES TRULY A SUBSTANCE?

THIS was a question asked by one who thought that the nervous system was only an imaginary thing. Perhaps there are others who have a similar idea.

Nerves are branches of the brain and the spinal cord, which are distributed in great numbers to all the active and sensitive parts of the body. They may be arranged into four classes. There are nerves of motion, which, in obedience to the will, stimulate the muscles to act; nerves of sensation, which impart a consciousness to the brain of pleasure or pain, and by which we are also conscious that our muscles have done what we wished; nerves of special sense, by means of which we see, hear, taste, feel, smell; and nerves of sympathy, which are distributed to the internal organs, and are independent of the will: they regulate the motions of the heart, lungs, stomach, etc., and stimulate the organs of secretion, so that those organs work in harmony with each other. The chief end of nerves is to carry the animal faculty with the animal spirits from the brain for the sense and motion of the whole body, and therefore the nerves inserted into the parts give sense or motion, there being neither without the help of a nerve; for a nerve being cut, the sense or motion of the part is lost. A nerve is, as it were, a line which the will travels along to the muscle, and when this is cut or broken, the will is unable to reach the muscle. Without nerves we should not know when we were too cold or too warm, when our flesh was burning or freezing, or experiencing any sort of injury or destruction, unless we chanced to see it; but now,

whatever they come in contact with that is likely to injure them or the system occasions pain, which causes a spontaneous shrinking from the hurtful body, and saves us from further damages. The nerves feel pain, and convey the information to the mind, and transmit the will of the mind to the muscles, and they instantly obey. But the function of pain is not the only one experienced by the nerves, neither is it their chief one. Their principal function is to give a pleasurable sensation when the body is in a natural state. Every arrangement of external nature is adapted to give us pleasure when her laws are obeyed. We do not realise how much pleasure our nervous system yields us, and this pleasure might be much increased if we but kept our nerves in a perfectly and highly active state: *e.g.*, your face and hands before they were washed in the morning did not feel half that pleasurable glow experienced after they were washed. Why? Because the ablution cleansed and quickened the nerves of those parts. If you wash the whole body, you experience the same pleasurable feeling to a much larger extent.

Our nervous system requires care, for there are many things likely to weaken and injure it. Weak nerves render the body and the mind weak. One thing especially which tends very much to weaken the nervous system is excessive stimulation. Spirits, wine, beer, etc., have the power of disordering the whole system, and, if taken in sufficient quantity, to so great a degree as to produce intoxication, exciting the brain sometimes to madness, always to folly, in an extraordinary manner. Is not this to disorder the functions of life? Witness the nervous and tremulous anxiety of the intemperate, especially on the morning following a debauch.

When the spirit drinker for the first time took a glass of raw spirit, it did not give him altogether a pleasurable feeling, for it burnt his throat, and for a moment stopped his breathing; the nerves warned him, in fact spoke to him in a language which he could feel, 'Raw spirit is not good!' Yet what did he do? Turned a deaf ear to the intimation, and obstinately persevered, till the voice that warned him warns him no more, and then he foolishly exclaims, 'See, it does me no harm! it causes me no pain! it causes me no unpleasant sensation, no inconvenience whatever!' And so he goes on for months or for years, apparently suffering little or no inconvenience; for he has himself forcibly blunted his nerves. But to deaden pain is not to remove the cause of it.

It has been stated that the inhabitants of very cold countries, whose limbs are liable to be frost-bitten, if they neglect the feeling of cold which precedes a 'bite,' lose their toes and their fingers. When once the coldness gives place to numbness, no pain is felt, no mischief suspected, till warmth comes to be applied again, when pain calls their attention to the injured limbs.

Intemperance and dissipation fail not to shatter the constitution, bringing on disease, which ends in premature death. Truly it has been said, 'The wicked do not live out half their days.' A godly, righteous, and sober life is the best and the happiest one. Thousands of people constantly pray that they may hereafter live this life, but as it is the best one, let us try to live it here. Let us deal with the things we see, and allow them to walk hand in hand with faith in the unseen, and then our life will be happy indeed.

R. SHIPMAN.

DOMESTIC ECONOMICS.

SOME MISCELLANEOUS HINTS FOR HOUSEKEEPERS.

BY THE REV. F. WAGSTAFF, F.R.H.S.,

Editor of the *Lay Preacher* and the *Temperance Worker*.

A FEW months ago* we laid before the readers of this journal a few thoughts on the subject of 'Economy in House and Home.' As a supplement to our remarks on that occasion, we venture to present a few hints of a miscellaneous character bearing on the same important subject. They profess to be nothing more than 'miscellaneous hints;' yet some of them, on closer examination, will furnish a clue to most important results. Indeed, it is not too much to say, that the greatest economies are to be effected in relation to the little matters of life. It is difficult to realise the value of littles. Almost all the *bonâ fide* savings that to-day lie invested in stocks, shares, banks, etc., are the results of small beginnings, and of persevering watchfulness over small expenses.

We recently saw it remarked that, 'little savings must, as a rule, be made in personal expenditure more than in anything else; what is spent over the household is generally needed, but the small personal luxuries which cost so little are not.' This is only partially true. There are few households in which it would not be possible to accomplish a great deal in the matter of curtailing expenses, as well as in regard to the personal expenditure of each member of the family. There is, however, much force in the idea that personal luxuries are not needed. 'The things to save out of are shams, false appearances, and self-indulgences.' This is truth; and, alas! it is also true that 'people are generally more willing to dispense with necessities that make no show, rather than with useless extravagances that afford an opportunity for a display that every one sees through.' Fashion is one of the greatest hindrances to economy. Whoever is content to allow himself to be moved by fear of being 'out of the fashion,' may give up all hope of saving money. Economy is impossible to him.

Never spend your money before you have it. Foresight does much to promote economy. The faculty of looking ahead is invaluable, especially to a housekeeper. Many an expense is incurred because something or other has not been thought of at the right time. Always pay for everything as you buy it. Strict adhesion to this rule saves money in two ways: you pay more in the long run for goods had on credit than for those paid for at the time; and if you should chance to be without ready cash, postponing the purchase will frequently result in your escaping the outlay altogether.

Some people have a great fancy for bargains, forgetful of the caution contained in the old proverb, 'A great pennyworth, pause awhile.' You may be able to buy an article much below its original cost; yet, if you have no use for it, you have made a bad bargain, and the money spent is wasted.

Removals occasion great damage to furniture, unless care is taken in packing. Hence the old saying, 'Three removes are as bad as a fire.' When circumstances necessitate a removal, it is wise to begin operations a week or two before the time, by quietly collecting things that have to be removed, packing in boxes, trunks, etc., whatever can be dispensed with. This will leave much less to be done at the last moment, and so prevent hurry when the removal actually takes place.

(To be continued.)

* See 'House and Home,' March 1st and 8th.

CURRENT OPINIONS AND EVENTS.

FROM the proceedings at the Chelsea Vestry, which we report in another column, it will be observed that the Medical Officer of Health is anxious for the passing of the Artizans' Dwelling Act (1868) Extension Bill. The Society for Improving the Condition of the Labouring Classes, too, whose report we give this week, is most emphatic in its approval of the Bill; and it is to be hoped that this much-needed measure will pass into law during the present session.

On Wednesday, the 26th ult., the Foresters' Hall, Clerkenwell, was the scene of a festival got up to commemorate the passing of the Act to amend the 23rd clause of the Poor Law Amendment Act, 1876—a clause empowering poor-law guardians, in certain cases, to appropriate the funds of friendly societies. Mr. Torrens, M.P., Sir Charles Dilke, M.P., and Mr. Merrewether, M.P., were amongst the guests.

Sir Charles Dilke urged the union of friendly societies with a view to protect such institutions from unjust legislation. The hon. bart. pointed out that

'Friendly societies were of course in one sense the rivals of each other, but they had interests common to them all, and their dangers were common dangers, and what could be more natural than to meet together and fight against these common dangers? State interference could only be met by union such as he had referred to, and the presentation was not, therefore, a presentation to an individual who had by his services contributed to the success of their efforts, but a declaration that in the future they would be prepared to act together again if the need should arise.'

The need of such vigilance could not be better illustrated than by the statement of Mr. Torrens, respecting the way in which the obnoxious clause became law. Mr. Torrens confessed that

'He never was so astonished in his life as when he found that the bill to which the chairman had alluded had obtained the sanction of the legislature. It was passed in a moment of legislative inattention, without notice and without discussion, and he thought it only fair to the members of the House of Commons to say that they at once determined, as far as in them lay, to wipe out the blot as soon as it was pointed out. In this country there was nothing truly right and sound which by persevering they could not accomplish.'

On Sunday last, his Royal Highness the Prince of Wales attended a service held in a tent at the Agricultural Exhibition, for the benefit of the drovers. The preacher was the Dean of Westminster, who, in concluding his eloquent sermon, said—

'He would say to drovers: "Do not think, because your occupations lead you to live with these lower animals, that there is anything to prevent you from leading the highest and best lives. Remember that Abraham, the Father of the Faithful, was a drover, who led his herds backwards and forwards over the downs of Palestine." And to shepherds he would say: "Remember that David the Psalmist was a shepherd. He fed his flocks on the hills of Bethlehem, and it was there he learned to feel that as his sheep depended upon him so he depended upon God. Remember also that those to whom was delivered the first message concerning Him who brought peace on earth and goodwill towards men were shepherds, who were watching their flocks on the night Jesus Christ was born." Not only in sacred but in common history had they examples of men in

humble walks distinguished for the noble character of their lives. It was a swine-herd who took care of Alfred the Great when he was in disguise, and for the services he then rendered he was afterwards highly rewarded. In conclusion, the Dean exhorted his hearers to be merciful to the animals under their care, as they expected their heavenly Father to be merciful to them; to bear in mind that however humble their calling, they could make their lives holy by faithfully discharging the duties entrusted to them.'

Some curious evidence came out in the trial before Mr. Baron Pollock of an action for libel brought by Mr. Bouffler against the *Daily Telegraph*. It appeared that the plaintiff had erected two fireproof houses upon part of a disused burial-ground in Islington. The houses appear to have been erected under a licence from the Board of Works, and subject to the inspection of the local surveyor. A few months after their erection, however, Dr. C. M. Tidy, Medical Officer of Health for the parish, inspected the houses, and on March 16th, 1877, he reported to the Vestry that the houses in question 'were so dangerous to health as to be unfit for human habitation.' Thereupon the Vestry set its machinery to work. The surveyor made an inspection, and he reported that the houses ought to be demolished, and an order to that effect was accordingly issued. From this order Mr. Bouffler appealed to the Middlesex Sessions, when it was quashed on the ground that sufficient evidence had not been given to prove the alleged unfitness. Mr. Sala contributed an article, characterised by the plaintiff as being sensational, to the *Daily Telegraph*, and this formed the libel complained of.

On Saturday last Dr. Tidy, when in the box, stated that his only reason for reporting the houses unfit for habitation lay in the fact that they were built on a graveyard. When pressed as to the nature of his inspection of the premises, he admitted that he did not examine or inquire into the condition of the soil upon which the houses were erected, or whether the concrete substratum underlying the floors was sufficient to prevent an effluvium from rising. In fact, his own opinion upon such a matter was, he said, worthless, for he was not a builder. That Dr. Tidy's report was based upon insufficient evidence is now apparent. If he had exercised a little more care and deliberation, he would have been preserved from cutting the sorry figure he did when in the witness-box, the Vestry would have been saved much trouble, the ratepayers considerable expense, Mr. Bouffler vexation and annoyance, and the *Daily Telegraph* the £50 awarded by the jury to the plaintiff, and the costs of the action, which will not be a trifle. With the acres of 'slum,' disease-producing property still in existence, it does seem a marvel that medical officers of health and sanitary inspectors should direct their attention to a case like the above, where nothing could be alleged against the sanitary fitness of the houses, instead of attending to the real needs of their districts.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

REFLECTION.—‘The man who reflects,’ said Rousseau, ‘is a depraved animal.’ On the contrary, the animal who does *not* reflect, has not yet begun to be a man at all. It is thought that develops the man, both intellectually and morally. As sin reigns for *lack* of thought, so holiness must enter through *largeness* of thought, and *thoroughness* of conviction.

Dr. F. R. Lees.

The poetry of earth is never dead :
When all the birds are faint with the hot sun,
And hide in cooling trees, a voice will run
From hedge to hedge about the new mown mead ;
That is the grasshoppers’ : he takes the lead
In summer luxury ; he has never done
With his delights ; for, when tired out with fun,
He rests at ease beneath some pleasant weed.—*Keats.*

True courage is unassuming ; true piety, serious and humble.

Robert Hall.

Duties are ours, events are the Lord’s. ‘It is our part to let the Almighty exercise His own office, and steer His own helm.—*Rutherford.*

The faculty of reason is the candle of the Lord within us.—*Bishop Butler.*

Death is the foreshadowing of life. We die that we may die no more.

Hooker.

How rarely do we accurately weigh what we have to sacrifice against what we have to gain.

He that enjoys aught without thanksgiving, is as though he robbed God.

Talmud.

Practise in life whatever you pray for, and God will give it you more abundantly.—*Dr. Pusey.*

Culture of the intellect without religion in the heart, is only civilised barbarism and disguised animalism.—*Bunsen.*

Neither human applause nor human censure is to be taken as the test of truth ; but either should set us upon testing ourselves.—*Whately.*

To return good for good is civil courtesy ; evil for evil, malicious policy ; evil for good, hateful ingratitude ; good for evil, true Christian charity.

Schlatter.

He that smarts for speaking truth hath a plaster in his own conscience.

Thomas Fuller.

FLATTERY.—He who covereth himself with honey will never be without a swarm of flies.—*Fuller.*

MODERATION is the silken-string running ‘through the pearl chain of all the virtues.’—*Bishop Hall.*

[This is not to be applied to vices or appetites.]

Moderation is a mixture of *discretion* and *charity* in men’s judgment.

T. Fuller.

Fancy runs most furiously when a guilty conscience drives it.—*T. Fuller.*

And I have felt

A prescience that disturbs me with the joy
Of elevated thoughts ; a sense sublime
Of something far more deeply interposed ;
Whose dwelling is the light of setting suns,
And the round ocean and the living air,
And the blue sky, and in the mind of man.

Wordsworth.

ANGER is one of the sinews of the soul ; he that wants it hath a maimed soul. Nor is it good to converse with such as cannot be angry.

Thomas Fuller.

QUERY.

‘TRUTH in closest words shall fail,

While truth embodied in a tale

Shall enter in at lowly doors.’

[Who is the author of these lines ?]

THE HOUSEWIFE’S CORNER.

CABINET PUDDING.

Add a quarter of a pound of grated bread to the same quantity of cut and stoned raisins. Boil a small quantity of lemon peel, cinnamon, and sugar, in half a pint of milk, strain it off, and add four eggs, well beaten up, then pour in a glass of Madeira, and another of brandy. Butter a mould capable of holding a pint and three-quarters, put in the ingredients, place a piece of writing-paper at the bottom of the mould, and steam it for an hour.

COFFEE.

Various methods have been tried of preparing this Arabian beverage ; but it will be found, after all, that there is no surer way of having coffee clear and strong, than pursuing the plan here given.

Beat up an egg—two for a large pot—and mix it well with the coffee till you have formed it into a ball ; fill the pot with *cold* water, allowing room enough to put in the ingredients ; let it simmer very gently for an hour, but do not think of stirring it on any account : just before it is required, put the pot on the fire and warm it well ; but, as you value the true aroma, take care that it does not boil. Pour it off gently, and you will have as pure and as strong an extract of the Indian berry as you can desire. Use white sugar candy, in powder, in preference to sugar ; cream, if attainable ; if not, boiled milk.

LEMON SPONGE CAKE.

Beat up the whites of four and the yolks of eight eggs, add by degrees three quarters of a pound of loaf sugar, then gently sprinkle in half a pound of flour ; when done, add the peel of a lemon finely chopped, and the juice of half a lemon.

A BREAKFAST RELISH.

The flesh of a cold roast fowl, and an equal quantity of tongue, chopped into minute particles, and then beat in a mortar, with a teaspoonful of salt, half a one of soluble Cayenne, enough powdered mace to cover a sixpence, and the same quantity of grated nutmeg, will make an acceptable breakfast dish. When well mixed in the mortar, place it in a flat dish, or oval gallipot, and pour lard over the top to preserve it.

STEWED OYSTERS.

Strain off the liquor from a dozen and a half of fine oysters, thicken it with flour and butter, add a tablespoonful of cream, a teaspoonful of mace in powder, a very little salt : as soon as you have well mixed these, pour them into a stew-pan, and put in the oysters. Shake the pan over the fire, but do not let the sauce boil, or you will render the fish hard. Serve in a deep dish, and garnish with toasted bread in sippets.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to ‘HOUSE AND HOME’ are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

‘HOUSE AND HOME’ will be forwarded post free to subscribers paying in advance at the following rates :—

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Replies may be addressed to the advertiser at the Office of ‘HOUSE AND HOME,’ without any additional charge.

* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE AND EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

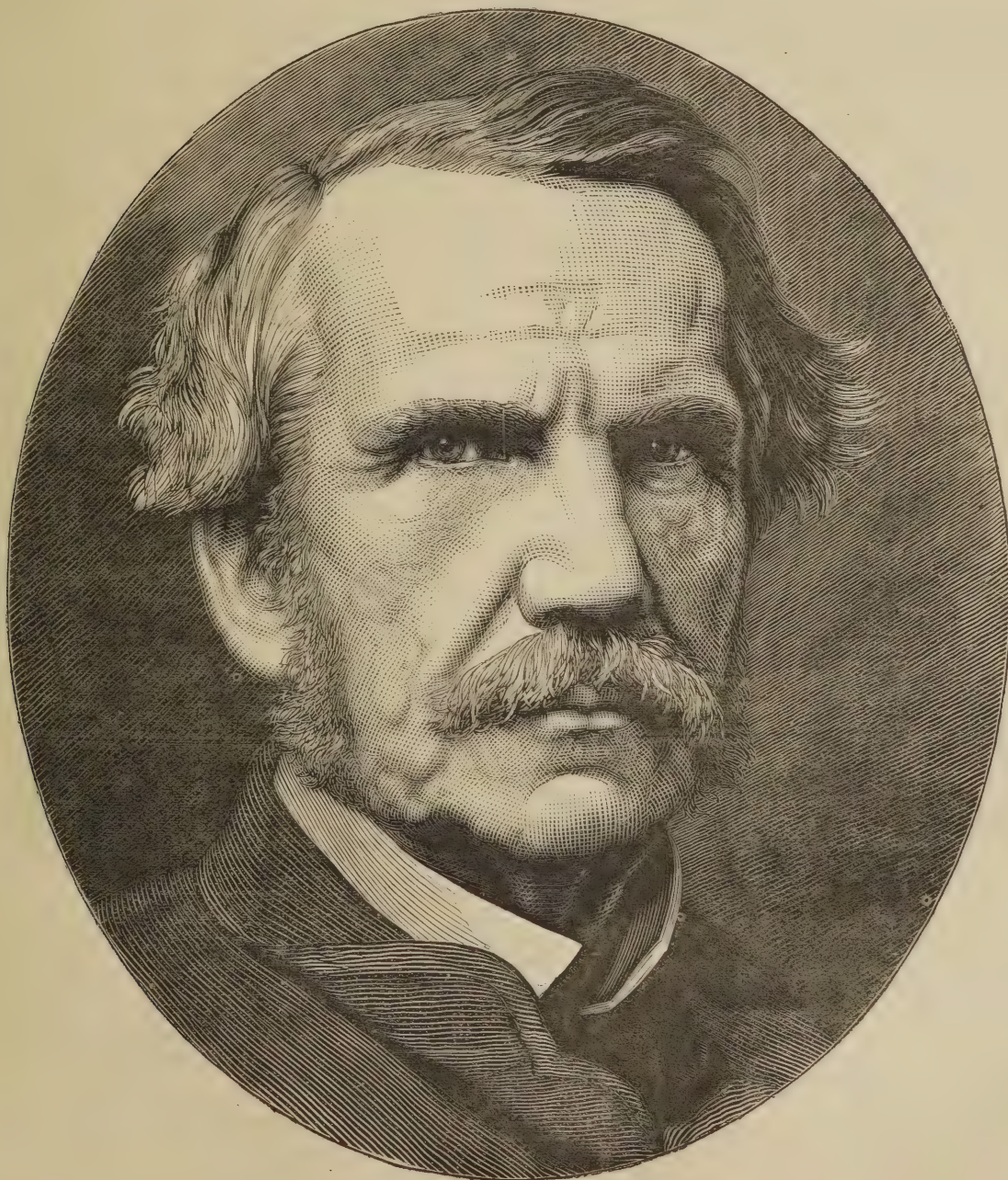
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BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 25, VOL. II.]

SATURDAY, JULY 12TH, 1879.

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REGISTERED FOR TRANSMISSION ABROAD.



THE LATE LORD LAWRENCE.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: JULY 12th, 1879.

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THE LATE LORD LAWRENCE.

THE Right Hon. John Laird Mair Lawrence, late Viceroy and Governor-General of India, whose death on the 27th ult. has been universally lamented, was born on the 4th of March, 1811. After passing through a course of education at Foyle College, Londonderry, he was sent to the East Indian College, Halesbury.

In 1829 he was nominated to India as a writer; in 1831 he was appointed Assistant to the Chief Commissioner and Resident at Delhi, and in 1823 he became an officiating magistrate and collector. In 1836 he was appointed joint-magistrate and deputy-collector of the southern division of Delhi. In the same year he was made officiating magistrate of the southern division, and in 1838 he was employed in settlement duties in Zillah Etawah. Early in 1840 he took a furlough to Europe, being absent from India nearly two years. In August, 1841, he married Harriette Katherine, daughter of the Rev. Richard Hamilton, of Culdaff and Cloncha, who survives her husband. After his return to India he became magistrate and collector in the central district of the Delhi territory, and was appointed Commissioner of the trans-Sutlej Provinces in 1848. For short periods about the same time he acted also as Resident at Lahore. After the second Sikh war, which broke out in 1848, and resulted in annexation, Lord Lawrence became one of a Board of Administration for the Punjab. Lord Lawrence was in 1856 made a K.C.B. for his work in the Punjab, and in 1857 he was promoted to the dignity of G.C.B. for his services on the outbreak of the Mutiny. In 1858 he was created a baronet, and became a member of the Privy Council, and on the institution of the Order of the Star of India was created a K.S.I. The Directors of the East India Company granted him a life

pension of £2,000 per annum, which, under a special Act of Parliament, he continued to enjoy, together with his full salary, when he became Viceroy of India. He succeeded Lord Elgin in that post in December, 1863, and held it for the usual period of five years. On account of his past services in India, Lord Lawrence has justly been styled the saviour of that vast possession of the British crown. On March 27th, 1869, he was created Baron Lawrence of the Punjab and of Grately, in the county of Southampton.

After his settlement in England Lord Lawrence took a prominent part in educational and philanthropic movements. On the formation of the London School Board in 1870 he was chosen its chairman, a post which he held till November, 1873, when he resigned. In questions of Indian politics he continued to take an active interest, and it will be remembered that last year he warmly opposed the Afghan policy of the Government.

Lord Lawrence had four sons and six daughters. The eldest son, John Hamilton, of Brocket Hall, Welwyn, Herts, succeeds to the title; he was born in 1846, and married, in 1872, Mary Caroline Douglas, daughter of the late Mr. Richard Campbell, of Auchinbreck, Argyllshire.

THE FUNERAL.

On Monday, the 30th ult., in reply to a question put to him in the House of Lords by Earl Granville, Lord Beaconsfield said that every one must be conscious of the great merits of Lord Lawrence, and that he understood that an offer had been made by the Dean of Westminster that his lordship should be interred in Westminster Abbey, and that his relatives had accepted that offer. It was fitting that such a resting-place should be found for the remains of 'one whose name will ever be inseparably connected with the history of British India.'

On Saturday morning last the burial took place in the venerable abbey in the presence of a distinguished assembly. The procession entered the Abbey at the west cloister door. The pall was borne on one side by General Beecher, Sir W. Muir, Lord Napier of Magdala, and Lord Shaftesbury; and on the other side by Sir H. Norman, Sir R. Montgomery, Lord Northbrook, and Sir Stafford Northcote. The service was conducted by the Dean of Westminster. The grave is situated in the south aisle of the nave, close beside where lie the remains of Sir George Pollock and Lord Clyde, and to the east of whose remains the body now lies; the head lay near the feet of Lord Clyde, while close at hand are the graves of David Livingstone, Sir C. Barry, the celebrated architect, Isaac Newton, Robert Stephenson, and other memorable men. The coffin plate bears the following inscription:—'John Laird Mair, first Lord Lawrence, died 27th June, 1879, aged 68 years.'

DEAN STANLEY ON LORD LAWRENCE.

In the course of a funeral sermon on Lord Lawrence, preached in Westminster Abbey on Sunday last, Dean Stanley said—

'He belonged to that type of men of which the English race was so grand a representative, and it was with good reason that

when an illustrious artist wished to depict in the stately hall of one of our greatest palaces of justice a representative of the signing of Magna Charta he selected the stern, rugged countenance, and magnanimous manly bearing of John Lawrence, as the likeness of the chief among the barons of England who, by their uncompromising independence, won for us our liberties against king and pope. Stern as John Lawrence was in action, and forward in decision, it was action and decision that depended on the knowledge he had acquired. As an instance of his loftiness of spirit with inferior minds, a story was told that in the conduct of an important case in which a young Indian rajah was concerned, the prince endeavoured to place in Lord Lawrence's hands, under a table, a sack of rupees. He answered at once: "Young man, you have offered to an Englishman the greatest insult which an Englishman can possibly receive. This time, in consideration of your youth, I excuse it. Let me warn you by this experience never again to perpetrate so gross an offence to an English gentleman." As an administrator he worked morning, noon, and night; he was open to communications of all kinds, from all sorts of people; if a murder, or party fight, or flagrant robbery was reported to him, he was at once in the saddle and away; if a dispute about land was threatening the public peace, he flew at once to the spot, with a proverb ever on his tongue that disputes about land must be settled on the land. After further speaking of the granite-like firmness of mind, the integrity and the Christian faith of Lord Lawrence, the Dean said: "Farewell, great pro-consul of our English Christian empire! Where shall we look in the times that are coming for an abounding knowledge and a disinterested love of India like to his! Where shall we find that resolute mind and countenance, which seems to say—

'This rock shall fly
From its firm base as soon as I!'

He has gone, but he has not been among us in vain. We have not lost him altogether, for he has left behind him a standard of integrity to which every Indian ruler can look back, an example to every Englishman and every English boy of what an Englishman and a Christian may be—a true servant of the English State, and a true servant of our Lord Jesus Christ." The anthem was taken from Mendelssohn's *St. Paul*—"Be thou faithful unto death," and at the close of the service Handel's "Dead March" in *Saul* was played upon the organ.

The congregation, before passing out of the abbey, lingered a few moments by the grave, which was covered with flowers.

PHRENOLOGICAL SKETCH OF THE LATE LORD LAWRENCE.

By PROFESSOR STACKPOOL E. O'DELL.*

BALANCE is most desirable in the formation of character.

Some have this balance, this nice adjustment of mental powers, naturally. As children they are even-minded, and this evenness continues through manhood to age. Others attain this mental balance by watchfulness and cultivation.

Balance is manifested here; but that balance has been attained by self-study, self-control, self-restraint, and self-culture.

Cautiousness is a characteristic—a looking ahead, a thoughtful consideration of consequences—a mind ever recognizing the effect of present actions upon the future, and whose plans and designs would be more for future benefit than present gratification.

There is no false dignity here, ever on the look out for praise, approbation, or the worship of people; but there is a

true dignity that is under the guidance of reason and conscientiousness, and while he would feel indignant at an act of injustice, he would be ever ready to defend his rights and principles, yet it would not be with any feelings of hatred, revenge, or desire for retaliation.

He would prefer to win love and respect, even from his enemies, by conciliation and kindness, than make them obedient and respectful by terror.

He would not be led by momentary impulse or sudden feelings—by fits and starts, with destructiveness one moment in the ascendancy, and benevolence soon succeeding it. There is no bright and drying sunshine to-day, scorching and withering, followed by the monsoon, bursting the rivers' banks and flooding the valleys—and such are, alas! too often the minds and temperaments of many, which in the domestic and social circle causes much worry, misery, and the unpleasantness of uncertainty. But when the minds of statesmen and those in authority are so formed, it is a national grievance, often causing calamities of a world-wide nature.

There will be much suavity of manner, which will be manifested not alone to the few, but to all.

There may be reticence in council, for he would rather hear the voices of others than his own; but there will be a judgment of a remarkably clear nature, for it will be unbiased by prejudice, by passion, by momentary grievance, or by personal benefit or ambition.

He can wear his honours without intruding them on you. His spurs may be well won, but he will not wound you to the very soul for the sake of displaying them.

While he has faith in himself, he will likewise have faith in others; while he respects himself he will likewise respect others.

In one respect in particular there is that denoted here which we might all with advantage cultivate, both for our own sakes and that of others—mental balance.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

SOCIETY FOR IMPROVING THE CONDITION OF THE LABOURING CLASSES.

[THIRTY-FIFTH ANNUAL MEETING.]

(Continued from page 8.)

CONDITION OF THE SOCIETY'S PROPERTY.

THE following statement as to the condition of the Society's property was omitted in our report last week from want of space:

'Your committee have now the pleasure to submit the report of the society's houses as usual.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

'In Streatham Street, Bloomsbury, dwellings for 54 families—these houses have been fully occupied during the year, and there are many applications for vacancies.

'The Dyott Street (late George Street), Bloomsbury, house for 104 single men returns an average occupation; the rents have been well paid, not a single case of arrear existing.

'The Thanksgiving Model Buildings, Portpool Lane, Gray's Inn Road, for 20 families, and 64 rooms for single women—these houses and rooms have maintained an average tenancy.

'The washhouse in connection with these buildings gives an average number of washers, and is evidently much appreciated by the poor of the neighbourhood and surrounding localities. The cost of this establishment during the year has been great, owing to structural improvements and increased sanitary measures.

'The Lodging House, Macklin Street (late Charles Street), for 72 single men—very few vacancies have occurred during the year.

'The renovated dwellings, Wild Court, Drury Lane, have been fully occupied during the year.

'The dwellings for 78 families, Clark's Buildings, Broad Street, St. Giles's, return an average occupation.

'The renovated dwellings, Tyndall's Buildings, Gray's Inn Road, for 87 families—a full average occupation has been maintained, and owing to the pulling down of streets of houses in this locality, the applications for rooms by the poorest class have been numerous. At the lodging-house for 36 single men there have been very few empties during the year. At this house, and also at Macklin Street, the City missionary attends every Sunday, and is listened to by an attentive and appreciative assembly of the men.

'Great St. Andrew's Street, Seven Dials, returns an average occupation.

'Your committee may mention that notwithstanding the great distress that has prevailed, the rents have been well paid, and the total gross rents received show an increase of £152 5s. as compared with the previous year. This assures your committee that the poor are ready and willing to pay for a decent, well-ventilated, clean and cheerful abode.

'The mortality throughout the society's property has been 22 per 1,000, or 2·5 per cent.

'The report of the Hull Model Dwellings, as rendered by Sir Henry Cooper, M.D., local treasurer, is most satisfactory—houses continue full and are much sought after; the property is in good and substantial repair; the rents are well paid; the health and conduct of the tenants is good.'

FINANCIAL STATEMENT.

The receipts from all sources during the year were £7,181 11s. 6d., which, with a balance in hand at the beginning of the year of £467 19s. 8½d., made a total of £7,649 11s. 2½d. The total expenditure amounted to £7,173 16s. 7½d., leaving a cash balance of £475 14s. 7d. The property belonging to the society was estimated as worth £34,206 6s. 10d., and the general liabilities amounted to £19,937 4s. 10d., leaving assets to the amount of £14,269 2s. This statement is issued in accordance with the requirements of the Royal Charter.

THE ARTIZANS' DWELLINGS ACT (1875).

METROPOLITAN BOARD OF WORKS.

At the usual weekly meeting of this Board, held on Tuesday, the 4th inst., Sir J. M'G. Hogg presiding, a letter was submitted from the Trustees of the Peabody Donation Fund, dated May 26, 1879, offering to purchase the freehold of the following sites under the Artizans' Dwellings Act, 1875, viz.:—Whitechapel and Limehouse (the portion cleared), for the sum of £10,000, and the freehold of the following sites—namely, Bedfordbury, Great Wild Street, Pear Tree Court, Whitecross Street, and Old Pye Street, at twenty years' purchase upon a rental of threepence per superficial foot, and the Works Committee recommended that the offer be accepted, on the terms and conditions stated in such letter.

Mr. E. D. ROGERS, in moving that the recommendation of the committee be adopted, said that some years ago it was conceded on all hands that better dwellings should be provided for the so-called working-classes, and the result then was that Mr. Torrens brought in a bill, which he (Mr. Rogers) was bound to say had worked very satisfactorily in his district of Camberwell, but which it was found could not be applied adequately to the requirements and conditions of the whole metropolis. Accordingly, in 1875, Mr. Cross brought in the bill known as the Artizans' Dwellings Act, under which the Board had been working ever since. The outside

public, of course, knew but little of the actual business of the Board, which, he contended, had all through been conducted in the interests of the ratepayers generally. However, notwithstanding that all the conditions under which land which had come into the possession of the Board had been offered for sale, and so far sold, had been sanctioned by the Home Secretary, they had been charged, and especially by one person, with having fixed the price of their sites at such an amount that it became impossible for the Artizans' Dwellings Improvement Societies to become purchasers. Now, he thought every member of the Board would agree with him that the Board had never acted arbitrarily in the disposal of the surplus land after the pulling down of houses, but, on the contrary, had always held but two objects in view, firstly, that of the ratepayers' pockets, and, secondly, the provision of suitable dwellings for that class of the people who were displaced by the necessary improvements of the metropolis. (Hear, hear.)

Mr. FOWLER said he was not prepared to endorse the resolution, because he could not assent to making the great sacrifice involved in it. They had, as a matter of fact, paid £80,000 an acre for this land, which it was proposed to sell, and now, by selling it at three-pence per foot, they reduced the price to £10,000, showing a loss to the ratepayers of £70,000 per acre, or a gross loss of £643,000. There were thirty-one schemes before the Board, and if they were to act with the remainder as it was proposed to deal with this, there would be a loss of between £2,000,000 and £3,000,000 to the ratepayers. He thought they should go to the Home Secretary, represent their case fairly, and ask that the law might be so amended that the Board could deal with the property which came under their control in such a manner as would best conduce to the benefit of the great body of ratepayers, who had to bear the whole burden, whatever that might be. (Hear, hear.) He moved an amendment to that effect.

Mr. C. LEGG seconded the motion.

Mr. RICHARDSON said that in the suburbs, and some parts of London, they would not get any builder to give more than a penny per foot for land, or £1,000 an acre, and they were now offered threepence per foot. He did not believe the trustees of the Peabody Fund would make their money out of it. He hoped the report of the committee would be accepted, but contended that the Act of Parliament was utterly inadequate to meet the wants of the case.

Dr. BREWER said it was the duty of the Board, which was itself only a creation of an Act of Parliament, to carry out the law as it existed, and to assume that Parliament had all the facts present when the bill now complained of was framed. The value of life was the main point which the Legislature had under consideration, and the highest authority upon such matters, the Registrar-General, had reported that, just in the same proportion as the densely-populated neighbourhoods were opened up, and the houses removed, did the value of life in the metropolis become higher.

Mr. LLOYD said the great blot of the Act was that it did not make provision for the very class of people who were displaced from the wretched dens which were pulled down; but those for whom dwellings were provided were not of the artisan class, or, at all events, were not those it was originally intended to re-house. He was entirely opposed to first incurring an evil, and then going to the Home Secretary to ask for a remedy. They should go to Mr. Cross at once, before receiving the poison, with the view of obtaining an antidote, and show him the defects in the Act, in order that such amendments might be suggested as would make it practicable and workable. (Hear, hear.)

Mr. SELWAY said it would pay the Board to allow each person living on the Whitecross Street Estate £200 to emigrate to the suburbs, where thousands of houses were being built, and no doubt the offer, if made, would be accepted. (Laughter.) He hoped the Board would reject the Peabody Trustees' terms, and hold their hands until at least a strong effort had been made to save the ratepayers from the ruinous loss involved in the proposal of the committee.

Mr. J. JONES said the Board were keeping a large proportion of the population in a state of suspended animation. ('No, no.') They (the residents) did not know when they would be called upon to move away from their habitations. He hoped they would accept the offer of the Peabody Trustees, and remove the anxiety which existed at once.

Major MUNRO said thirteen schemes were nearly negotiated for, and he was opposed to any delay in carrying out those which were only waiting for the approval of the Board.

Mr. TURNER said the fact was they were entirely under the control of the Home Secretary, and must do his bidding—a position neither honourable to that gentleman nor creditable to themselves.

(Cries of 'Oh, oh,' and 'Withdraw.') 'Well, he would withdraw, and say it was a position not honourable to themselves.' ('Oh, oh.') At all events, they were placed in a position discreditable to local self-government. ('No, no.')

Mr. J. RUNTZ said they ought to accept the offer of the Peabody Trustees. All the requisite expense had already been incurred, and, therefore, no money would be saved by rejecting it. Those who were advising the Board to take the latter course were asking them to do what would prove ultimately most mischievous, and stand in the way of the much-desired projected street from Charing Cross to Tottenham Court Road. (Hear, hear.)

Mr. FREEMAN said that in the House of Commons, Mr. Cross, almost as a warning to the Board, urged them on to accept this offer of the Peabody Trustees, and he trusted they would do so. At the same time, he would go to the Home Secretary, and represent the grievances which the terms of the Act inflicted upon them.

The CHAIRMAN said it was his intention to vote for the motion, because he considered it his duty to carry out the Act of Parliament under which they were appointed as the Metropolitan Board of Works.

On the amendment being put, it was lost by a majority of 24 against 10 votes; and, amidst a great deal of noise, a division was taken, on the demand of Mr. Fowler, the ultimate result being that the motion was declared carried by 24 votes against 9.

SHOREDITCH VESTRY.

On the 4th inst., at a meeting presided over by Mr. Charles Green, a report was brought up from the Medical Officer of Health, stating that a number of houses in Moira-place and Ebenezer-street, Hoxton, were in a condition dangerous to health and unfit for human habitation.

ST. GEORGE'S (HANOVER SQUARE) VESTRY.

Lord Frederick Fitzroy asked the members of the Metropolitan Board whether the statement of Major Munro (a member of the Metropolitan Board) was correct, viz.: 'That a loss had been incurred of £600,000 or thereabouts of the ratepayers' money in the purchase of land under the Artizans' and Labourers' Dwellings Improvement Act of 1875.' Dr. Brewer replied to the question at considerable length, stating that the Metropolitan Board were bound by Act of Parliament to acquire the land, and to sell it on specified conditions after it had been cleared. If the Board did not obey the controlling authority, who was the Home Secretary, he could at once enforce obedience by taking the matter into his own hands, and making even more stringent conditions than now existed. Mr. Cross had already represented to the Metropolitan Board that they had been four years without carrying out the intention of the Act of Parliament, and consequently they were bound to take action. There was no doubt that the total loss would be very little short of £600,000, although the Board's superintending architect estimated it at £496,649. The provisions of the Artizans' Act were simply compulsory, and the Metropolitan Board had to purchase under the provisions of the Lands Clauses Consolidation Act, which was never the intention of those who brought in the bill. The original intention was to sell condemned buildings as condemned buildings, and not as they were now sold, as freehold estates. The Government had stepped in, and for the health of the country entrusted the Metropolitan Board with a great national charge, which was, however, of a most expensive character. The Vestry adjourned.

OUR HOME.

To love our home is natural: it is deeply planted in the nature of man, and our home ought to be, and should be, the place to find our earthly joy.

Searches for joy and happiness elsewhere should be fruitless.

Our own fireside should be our sanctuary, our refuge from misfortune, our choice retreat from the busy world.

If all our homes were such, there would be fewer persons enter the gambling-hells, beershops, and drinking-saloons, wasting their time, their life, their talents and their money in riotous living, and thus needlessly causing a time to come when they and their families will begin to be in want.

Let us look, then, first of all to our homes; let us see that they are such well-ordered places, such havens of rest and peace, that no place will be able to present a counter attraction to them.

Let us take special care that in our home there exists no evil which, like a slow poison, will inevitably sap the energy of man's daily life.

There must be no improper food, no impure air, no lack of cleanliness or comfort.

Every natural, healthful want must be supplied in the home, and then there will exist no craving for supplies outside it.

The wife at home is an instrument of Providence, and she should consider herself such and work accordingly; the peace and comfort of home should never be left to chance, for this is the way that many homes are rendered unhappy; the wife must be intent on making things comfortable every day to her family, and not only on set days, when she expects friends or visitors.

The household affairs must be well attended to every day: and let there be a place for everything, and let everything be in its place, and then even the humblest home can be made the scene of neatness, arrangement, and taste.

The luxury of the carpeted floor, and the richly-cushioned sofa and chairs, are not essential to make a home happy: these elegancies gild the apartments, but they do not necessarily gild the mind; but though a cottage will not hold the bulky furniture and sumptuous accommodation of a palace, yet it is capable of holding quite as much love and happiness.

Neatness, order, piety, and a cheerful heart make home what it should be—a sweet paradise.

Woman exercises her highest and best actions and feelings when her chief delight is in making her husband and family happy; and when they can find at home rest of heart and pleasure, she is rewarded by having healthy and contented minds at home.

R. SHIPMAN.

IMPRESSIONS OF THE ISLE OF WIGHT.

Embraced by Neptune's commerce-laden stream,
Fairest of British grounds, be thou my theme;
Bright ocean-gem, old England's happiest isle,
Where spring, inviting, wears her blindest smile,
Where summer breathes o'er flowery hill and dale,
Imparting fragrance to the wave-kissed gale.
Well-guarded spot, where health is woo'd and won,
Where the lark carols to the morning sun,
Where noontide rays make sweet the soothing shade
Of rose-decked alcove or of leafy glade.
On pebbly beach, or sea-washed, breezy pier;
Or in lone wood, the night-bird's song to hear;
Or on, where Osborne's royal palace stands,
On uplands beautified by loving hands;
Or where embattled ruins mutely reign,
To crown thee, Carisbrook, with historic fame;
Where'er the footsteps of the wanderer stray,
Assured repose invests each tranquil day,
Far from the echoes of unbridled strife,
No jarring discord mars the island life;
For, surely, loyal hearts are here in power
To watch the precincts of this regal bower;
Select, secure, retired, and at rest,
This favoured haunt must rank among the blest,
For what all England yields of true delight
Is found within thy shores, loved Isle of Wight.

FRANK WILLCOCKS SLEIGH.

May 26th, 1879.

A MAN WHO COULD DO IMPOSSIBILITIES.

A TALE OF A COFFEE-TAVERN.

BY T. H. EVANS,

Author of the 'Abstainer's Companion,' etc., etc.

CHAPTER I.

TOO WEAK TO RESIST TEMPTATION.

'They wished, if possible, to say to any man who showed that he was too weak to resist the temptation to drunkenness, "Why don't you go to the coffee-tavern? there you will get refreshment that will suit you perfectly."—*Extract from Speech of the Bishop of Exeter.*

'You may be able to keep away from the public-house, Jack, but I can't; it is impossible! I wish I could, but I tell you I can't; I've tried lots of times and always failed, so I don't mean to try any more.'

Jack Ford had been having a stroll through the outskirts of the town, and was seated on a gate reading, which was his favourite evening recreation. He had not been there many minutes, before Bob Day came up on his way home from work. Of course, Bob must stop and speak, Jack and he having been fellow-workmen in days gone by. The conversation between the two men had not proceeded far, before Bob made the sad confession with which our story opens.

'In what way have you tried?' said Jack, with a smile, as he put away his book.

'Well, just listen a bit, Jack, and I'll tell you all about it,' said Bob, putting down his tools; and thrusting his great rough hands into the capacious pockets of his jacket, he began:

'Last Easter Monday as ever was, I was out for a stroll up town, when who should I meet but Tom West on his way to a teetotal meeting. "You're just the very chap I want," said Tom, catching hold of my hand and giving it a hearty shake; "come along, lad, to the meeting. You know what I used to be, Bob, and you see what I am now. And why shouldn't you be as well off as I am?" And he did look well, Jack, I can tell you. From the gloss on his hair to the polish on his boots he seemed to shine from one end to the other.

"I only wish I was as well off," said I.

"Well, then, come along with me," says he, catching hold of my arm. "We've spent many a foolish evening together, Bob, now we'll go and spend a wise one." And off he dragged me, whether I would or no.'

'Well, and did you go?' said Jack.

'Oh yes, I went, but I didn't want to. He wouldn't take no for an answer, so, after a good deal of tugging and persuading, I found myself at last at the place where the speaking was going to be, and to cut a long story short, I signed the pledge before I left the meeting. Well, Jack, that night I started off home full of the resolve to turn over a new leaf. But Lor' bless you, Jack, it was all no use. I only kept it two days.

'The first night I went straight home after I'd done my work, to the great surprise of my missis, and it was about the longest evening I ever spent in all my life. Everything seemed so dull and cheerless like, for my wife ain't much company for a chap after a hard day's work, and my home ain't much of a place neither, for it's only one room.'

'Perhaps your wife would be a very different person to what she is, if her husband spent his wages wisely,' interrupted Jack.

'Quite likely!' said Bob; 'but you see, Jack, I've got to put up with things as they are, not as they might be. But let me get on with my story. The second night came lazily round, for the time seemed to go so awfully slow, I could hardly bear myself, and on my way from work I thought I'd turn into a coffee-house and have my tea, thinking that, maybe, I might see some one there to talk to—any way, I knew I could see the paper and find a little change from my own half-dark home. So the first coffee-shop I came to, in I went, and it was a trifle more pleasant than the night before, but I didn't feel right somehow; there seemed something wanting. The tea was half cold, and not near sweet enough, and there was such a quiet, lonely sort of feeling about the place—no one there that I knew to have a chat with. Well, I got through my tea, and after I'd done, I wanted to stop and read a bit, but I didn't seem welcome: there was a kind of "Be off" sort of look in the man's face as he went backwards and

forwards to serve the customers—leastways, I thought so—maybe it was only my fancy, so I just had a look at the pictures in one of the papers, and then left. It was quite a relief to get outside again, for I felt as if I wasn't wanted after I had done eating. These sort of places, you know, Jack, are all very well for a chap to go to when he's right down hungry, but I wanted an hour or two in a cheerful-looking place, where I could get a chap like myself to talk to, or play a game with, something, you know, to give one a little change and rest. I can't exactly explain what I mean, but I want some place to spend my evenings in, that looks a bit more inviting than a dingy coffee-house. Well, Jack, I went home in rather a low state of mind, but found the missis was a bit more cheerful than the night before. I sat down by the few sparks in the grate, and tried to read, but soon dropped off to sleep, and didn't wake till ten o'clock; then I had some bread and cheese, a drink of cold water, and went to bed. Now, whether it was the want of the drink, or 'cos I missed the company of my old pals, I don't know; anyhow, I couldn't hold out any longer, so the next night saw me back again at the Barley Mow, and glad enough they all were to see me once more. We did have a night of it, and no mistake. I don't remember anything after the first hour or so, till I found myself in bed the next morning; and I have made up my mind never to try "teetotalism" any more. Some chaps seem to make it do all right, but I can't. It ain't possible with a cove like me.'

'Nonsense, Bob, all nonsense,' said Jack.

'No it ain't "nonsense,"' replied Bob warmly. 'I don't care so much about the drink. Just one pint in front of me, so that I can take a drop now and then when I want to, is all I care about. I like the company. I feel as if I wanted a light and comfortable sort of place to go to, after working hard all day, and where I can be amongst chaps like myself, and talk over what's going on in the world.

'I tell you what it is Jack, these here fine coves in white shirts and black coats, who get up at some of the meetings, and talk of elevating and improving us working men, know precious little what they're talking about. What do they know of the everyday lives of chaps like me? If they had to work down in the ground with a pick and shovel in all weathers, week after week, year in and year out, with never a dry shirt through sheer hard work, and with nothing but the dull earth to look at hour after hour, all through the day—if they had to live a life of that sort, Jack, they'd be glad of something merry and cheerful when night comes. They wouldn't care to go straight home every night, not if they hadn't a better place to go to than us working chaps can get these hard times.'

'Yes, yes, Bob, that's all very well,' replied Jack, 'but what about the money spent in drink? Don't that make the times harder still? Men like you, Bob, might have homes both comfortable and attractive, if they did not waste their earnings in such places as the Barley Mow.

'I've heard all that before, Jack,' said Bob, impatiently. 'It's not a bit of use for you to stand there preaching to me. It would be all right enough if it could be done, but it can't. To alter things like that ain't possible with a chap like me, so long as things in the world are what they are. It would take time to get a nice crib, such as I should like, and what's a fellow to do in the meantime? There's too many public-houses about at every corner. I couldn't hold out long enough, and I don't mean to try, neither, 'cos I know it's no use.'

'Oh, I say, Jack,' he continued, suddenly, as if the thought had just struck him, 'were you ever at Drillington?'

'Yes, I know it well,' answered Jack.

'Do you? Well, I've heard of a job there that pays better than what I'm on now. And I'm off in the morning, missis and kids, and all; so I must be off and get things ready to start.'

Wishing each other good-night, the men parted: Bob to have a parting glass with his pals at the Barley Mow, Jack to his neat little cottage just outside the town, for he had not found teetotalism to be an impossibility. He had been able, through divine power, to hold on to the line that was held out to save him, and that line was the one in the pledge-book, on which he had written his name. But then, you see, all men are not the same; but the power of God to save those who are in danger of being lost is always the same, but He leaves it to us to employ the means, inspiring those who would save their fallen brothers to try those plans which are best suited to the peculiar circumstances of the case. Let this thought encourage those who are labouring for the welfare of humanity, to try all means that are lawful, doubting not that He will bless their efforts, for there is a path to the heart of the most erring, there is a way by which each and all may be saved from that terrible snare which has, alas! destroyed so many.

(To be concluded in our next.)

(Continued on p. 20)

DOMESTIC ECONOMICS.

SOME MISCELLANEOUS HINTS FOR HOUSEKEEPERS.

BY THE REV. F. WAGSTAFF, F.R.H.S.,

Editor of the *Lay Preacher* and the *Temperance Worker*.

(Continued from page 10.)

INSIST on everything being put away in its place as soon as done with. The opposite habit is very destructive. Clothing thrown down just where it is taken off soon becomes seriously damaged. Domestic articles, cups, basins, mugs, etc., get broken in great numbers, not so much while being used, as from being left about with the intention of putting them away presently. That word 'presently' is only another form of the word 'extravagance.'

Every one admits the truth of the old adage that 'a stitch in time saves nine;' but, unfortunately, few people act on the principle it suggests. Systematic examination of articles that are liable to get out of repair will show when the single stitch is required, and for want of such an examination the defect is often not noticed till it has become so serious that the 'nine' stitches are insufficient to repair it. Clothing should never be returned to its place after washing without a thorough investigation as to whether small holes are not beginning to show themselves, or buttons absent.

Keep your purchases in suitable places, as much waste is thereby avoided. Vegetables will keep best on a stone floor, if the air be excluded; meat in a cold dry place. Sugar requires a dry place, so does salt; candles cold, but not damp; soap should be cut into squares and dried before being used, but not too rapidly, else it will crack and fall to pieces in use. Cut soap with a piece of string rather than a knife.

Soda, by softening the water, saves a great deal of soap, but using it too freely is injurious to the linen. Many laundresses soap linen in warm water the night previous to washing, to save friction.

Papering and painting are best done in cold weather, especially the latter, for the wood absorbs the oil of paint much more in hot weather; while in cold weather the oil hardens on the outside, making a coat that will protect the wood instead of soaking into it. Never paper a wall over old paper and paste. Always scrape down thoroughly. It takes more labour, but the paper when put up lasts a great deal longer.

Never carelessly cut the string of parcels. If possible, untie the knots, roll up the string carefully, and put it away in some place kept for the purpose. If this plan is adopted, it will seldom be necessary to purchase a ball of twine.

Have a place for nails and screws. Straighten all old nails before putting them away, so that they may be ready for use when wanted.

Carefully fold and put away old newspapers. If not torn or soiled, shopkeepers will readily give three-halfpence a pound for them; and even if they should not accumulate fast enough to make it worth while to sell them, the papers will always be useful for domestic purposes.

(To be continued.)

SUSPENDED ANIMATION.

THE *Times* has published, under the head of 'Wonderful Discovery,' an Australian story on this subject, which, if true, would show that there is at last something new under the sun: The publication is a reprint of an article from the *Brisbane Courier* of January 11th last. According to the statement—

'Signor Rotura averred [to Mr. James Grant, whose co-operation he was soliciting] that he had discovered a South American vegetable poison, allied to the well-known *woolara*, that had the power of perfectly suspending animation, and that the trance thus produced continued till the application of another vegetable essence caused the blood to resume its circulation and the heart its functions. So perfect, moreover, was this suspension of life that Signora Rotura had found in a warm climate decomposition set in at the extremities after a week of this living death, and he imagined if the body in this inert state were reduced to a temperature sufficiently low to arrest decomposition, the trance might be kept up for months, possibly for years. He frankly owned he had never tried this preserving of the tissues by cold, and could not confidently speak as to its effect on the after restoration of the animal operated on. Before he left Mr. Grant he had turned that gentleman's doubts into wondering curiosity by experimenting on his dog. He injected two drops of his liquid mixed with a little glycerine into a small puncture made in the dog's ear, and in three or four minutes the animal was perfectly rigid, the four legs stretched backward, eyes wide open, pupils very much dilated, and exhibiting symptoms very similar to those of death by strychnine, except that there had been no previous struggle or pain. Begging his owner to have no apprehension for the life of his favourite animal, Signor Rotura lifted the dog carefully, and placed him on a shelf in a cupboard, where he begged he might be left until the following day, when he promised to call at ten o'clock and revive the apparently dead brute. Mr. Grant continually, during that day and night, visited the cupboard, and so perfectly was life suspended in his favourite—no motion of the pulse or heart giving any indication of the possibility of revival, the frame being perfectly rigid—that he confesses he felt all the sharpest reproaches of remorse at having sacrificed a faithful friend to a doubtful and dangerous experiment. The temperature of the body, too, in the first four hours gradually lowered to 25 degrees Fahrenheit below ordinary blood temperature, which increased his fears as to the result, and by morning the body was as cold as in actual death. At ten o'clock next morning, according to promise, Signor Rotura presented himself, and, laughing at Mr. Grant's fears, requested a tub of warm water to be brought. He tested this with the thermometer at 32 degrees Fahrenheit, and in this laid the dog's head under. To Mr. Grant's objections, Signor Rotura assured him that, as animation must remain entirely suspended till the administration of the antidote, no water could be drawn into the lungs, and that the immersion of the body was simply to bring it again to a blood heat. After about ten minutes of this bath the body was taken out and another liquid injected into a puncture made in the neck. Mr. Grant tells me that the revival of Turk was the most startling thing he ever witnessed; and having since seen the experiment made upon a sheep, I can fully confirm his statement. The dog first showed the return of life in the eye, and after five and a half minutes he drew a long breath, and the rigidity left his limbs. In a few minutes more he commenced gently wagging his tail, and then slowly got up, stretched himself, and trotted off as though nothing had happened. From that moment Mr. Grant became aware of the extraordinary issues opened by his visitor's discovery, and promised him all the assistance in his power.'

The writer of the article professes to have seen a more extraordinary application of this alleged discovery. He tells us—

'I was taken into the building that contains Mr. Grant's apparatus for generating cold, which has already been, in Mr. Nicolle's time, too often and fully described to require any further notice from me. Attached to it is the freezing-chamber, a small, dark room about 8ft. by 10ft. Here were fourteen sheep, four lambs, and three pigs, stacked on their sides in a heap, "alive," which Mr. Grant told me had been in their present position for nineteen days, and were to remain there for another three months. Selecting one of the lambs, Signor Rotura put it on his shoulder and carried it outside into the other building, where a number of shallow cemented tanks were in the floor having hot and cold water taps to each tank, with a thermometer hanging alongside. One of these tanks was quickly filled, and its temperature tested by the Signor, I meantime examining with the greatest curiosity and wonder the nineteen days' "dead"

lamb. The days of miracles truly seem to have come back to us, and many of those stories discarded as absurdities seem to me less improbable than this fact, witnessed by myself. There was the lamb, to all appearance dead, and as hard almost as a stone, the only difference perceptible to me between his condition and actual death being the absence of dull glassiness about the eye, which still retained its brilliant transparency. Indeed, this brilliancy of the eye, which is heightened by the enlargement of the pupil, is very striking, and lends a rather weird appearance to the bodies. The lamb was gently dropped into the warm bath, and was allowed to remain in it about twenty-three minutes, its head being raised above the water twice for the introduction of the thermometer into its mouth, and then it was taken out and placed on its side on the floor, Signor Rotura quickly dividing the wool on its neck and inserting the sharp point of a small silver syringe under the skin and injecting the antidote. This was a pale green liquid, and, as I believe, a decoction from the root of the *astrachalis*, found in South America. The lamb was then turned on its back, Signor Rotura standing across it, gently compressing its ribs with his knees and hands, in such a manner as to imitate their natural depression and expansion during breathing. In ten minutes the animal was struggling to free itself, and when released skipped out through the door, and went gambolling and bleating over the little garden in front. Nothing has ever impressed me so entirely with a sense of the marvellous. One is almost tempted to ask, in the presence of such a discovery, whether death itself may not ultimately be baffled by scientific investigation. . . .

Signora Rotura tells me that, though he has never attempted his experiment on a human being, he has no doubt at all as to its perfect safety. The next felon under capital sentence he has requested Sir Henry Parkes to be allowed to operate on. He proposes placing him in the freezing chamber for one month, and declares that he has no fear of a fatal result. As to whether this temporary suspension would affect the longevity of the subject, he can give no positive information, but believes its duration might be prolonged for years. I was anxious to know, if a period of, say, five years of this inertness were submitted to, whether it would be so much out of one's life, or if it would be simply five years of unconscious existence tacked on to one's sentient life. Signor Rotura could give no positive answer, but he believes, as no change takes place, or can take place, while in this frozen trance—no consumption, destruction, or reparation of tissue being possible—it would be so many unvalued and profitless years added to a lifetime.

Signora Rotura proceeds to South America at once for a large supply of the two necessities for the safe conduct of his process, and both these substances at present remain a secret.*

Yet the idea has been anticipated, both in thought and fact. In the ninth chapter of Dr. Hufeland's German work, printed in 1796,* and translated into English in 1797, we find it stated that the prolongation of life is possible in four different ways, viz.: 1. By increasing the vital power itself; 2. By hardening the organs; 3. By retarding vital consumption; 4. By facilitating and assisting restoration. The doctor then proceeds:

"Some have gone even still further, and in particular Maupertius, a French philosopher, who lived in the early part of the last century, who conceived it might be possible, by a complete suspension of vital activity, or an artificial apparent death, to check self-consumption entirely, and by such pauses to preserve life for perhaps several centuries. He supported his proposition on the life of a chicken in the egg, and of insects in their state of nymph and chrysalide, which by the help of cold and other means, whereby the animal is kept longer in its death-like sleep, can actually be prolonged. According, then, to these principles, nothing is necessary but to acquire the art of half killing one. The same idea occurred even to the great Franklin. While in France he received from America a quantity of Madeira wine, which had been bottled in Virginia. In some of the bottles he found a few dead flies, which he exposed to the warm sun in the month of July, and in less than three hours these apparently dead animals recovered life, which had been so long suspended. At first they appeared as if convulsed; they then raised themselves on their legs, washed their eyes with their fore feet, dressed their wings with those behind, and began in a little time to fly about.

"This acute philosopher proposed, therefore, the following question: "Since by such a complete suspension of all internal, as well as external, consumption, it is possible to produce a pause of life,

* Mr. Erasmus Wilson, in 1853, republished this excellent work of Hufeland's (Churchill, London) at half-a-crown.

and at the same time to preserve the vital principle, might not such a process be employed in regard to man? And if that be the case," adds he, like a true patriot, "I can imagine no greater pleasure than to cause myself to be immersed, along with a few good friends, in Madeira wine, and to be again called to life at the end of fifty or more years, by the genial solar rays of my native country, solely that I may see what improvement the State has made, and what changes time has brought along with it."

In 1845 a little work entitled 'Clairmativeness,' by the Rev. Gibson Smith, was published in New York. A very curious case is given on page 25 of that work, but as we have never met with any reference to it elsewhere—and so extraordinary a circumstance would, if true, be generally known—we are inclined to regard it as being apocryphal. We give it, however, for what it is worth. After speaking of various means of suspending animation in animals, the writer says:

"Indeed, the same results may be produced in human beings. A place may be prepared where it shall preserve the same temperature, and where light and heat shall not penetrate, and a man in perfect health shall be consigned to that place, when the magnetism shall soon leave his system, and he become insensible, where he may be preserved for any number of years; and, on removing him, he shall again wake to life. There is in fact at this moment in Germany a female in this condition, where she has remained already three years. This woman was condemned to be executed. A physician there, desirous of trying the experiment, made application to the proper authorities, and was told that if he could succeed in keeping the woman in a state of insensibility for the period of five years, and then wake her to life and consciousness, she should be pardoned. Accordingly he built a room of granite, seven feet square, at one end of his dwelling, and covered this with earth four feet deep. He approaches this room by a subterranean passage from the cellar of his dwelling, so as to prevent the admission of light and heat. The female was placed in this room, where she lay about forty-eight hours before she became insensible, and before all vital action ceased. She has been in this state upwards of three years, and she maintains the same appearance that she did on her first becoming insensible—no signs of decomposition having taken place; and indeed decomposition cannot take place so long as the same temperature is preserved in the room where she is. At the end of the five years he will restore her again to consciousness and animation by removing her from her confinement.

"If this experiment succeeds—and I have no doubt it will, for we have seen the same phenomenon produced in animals, and the cause is the same in the one case as the other—instead of executing criminals who are condemned to death, they may be consigned to this state of insensibility and temporary death for any number of years, when, on awaking them to life, doubtless it would have a tendency to completely reform them. A serious consideration of the situation in which they had so long lain, shut out from the scenes of life, and wholly unconscious even of existence itself, during the period, must have a salutary effect upon their after life and conduct. Such an one might in truth exclaim: "I was once dead and am alive again; I will return to my Father's house, and confess that I have sinned against heaven and in his sight." However, we will not speculate upon this subject. Two years more will decide whether we are correct or not."

WHOLE-MEAL UNFERMENTED BREAD.

This question is now receiving a great deal of attention. In more than one paper it is being discussed. An interesting correspondence is now appearing in *Social Notes*. On all hands there is a concurrence of opinion as to the dietetic value of whole-meal bread, the chief difficulty being how to get it *properly made*, and at a reasonable cost. We have recently been much disappointed with the so-called Hart's whole-meal bread; indeed, we have had to return it to the purveyors, as it was not fit to be eaten.

We mention this because some of our readers who have been led from our recent articles on the question to give the whole-meal bread a trial may have met with the same difficulty. We again assure them that Mr. Hart is at present in no way whatever connected with the manufacture of the bread bearing his name.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge*.

Brevity is the body and soul of wit. It is wit itself, for it alone isolates sufficiently for contrasts; because redundancy or diffuseness produces no distinctions. —*Richter*.

It is the property of temperance not to admire the indulgence of corporeal pleasures, and not to covet the enjoyment of such as are depraved; to be cautious also, even when intrepidity is just, and to be alike attentive to the affairs of life, both in great and small concerns. But good order, elegance, modesty, and circumspection, are the concomitants of temperance. —*Aristotle*.

Flattery is like painted armour, because it affords delight, but it is of no use. —*Demophilus*.

It is beautiful to impede an unjust man; but, if this is not possible, it is beautiful not to act in conjunction with him. —*Democrates*.

A man may be happy; it is the fruit of a man's own care and industry, and consists in the goodness of his disposition, his inclinations, and actions. —*M. Antoninus*.

Neither say nor do ill, though alone; learn to stand in awe of thyself more than others. —*Democritus*.

Man, particularly rosy-cheeked youth, is deceived so easily, that he mistakes remorse for repentance or improvement, intentions for deeds, flowers for fruits. So the semblance of fruit sprouts on the naked bough of the fig-tree, and yet are only the fleshy hulls of its flowers. —*Richter*.

Flighty men, like empty vessels, are easily laid hold of by the ears. —*Demophilus*.

The perfection of the soul will correct the depravity of the body; but strength of body without reasoning does not render the soul better. —*Democrates*.

My native soil! belov'd before,
Now dearer, as my peaceful home;
Ne'er may I quit thy rocky shore,
A hopeless, banish'd wretch to roam;
This very day, this very hour,
May I resign my fleeting breath,
Nor quit my silent humble bower,
A doom to me far worse than death.

Byron.

Honours achieved far exceed those that are created. —*Solon*.

Such is the state of human life, that none are happy but by the anticipation of change. —*Dr. Johnson*.

It is not when the soul is in the act of fighting with pain that the outward form is beautified, but when conquering it; therefore, the face of the dead is glorified, because his torments have ceased. —*Richter*.

Learning is similar to a golden crown; for it is both honourable and advantageous. —*Demophilus*.

REPLY TO QUERY.

The author of the quotation referred to in last week's *House and Home*, is *Tennyson*. The lines are not quite accurately cited; they should read (I give the context):

'Though truths in manhood darkly join,
Deap-seated in our mystic frame,
We yield all blessing to the name
Of Him that made them current coin;
'For wisdom dealt with mortal powers,
Where Truth in closest words shall fail,
When Truth embodied in a tale
Shall enter in at lowly doors.'

In Memoriam, xxxvi. 2nd edition.

Birmingham.

F. WAGSTAFF.

THE HOUSEWIFE'S CORNER.

MUTTON PIE.

A very good family pie is made with the remains of a cold leg, loin, or any other joint of mutton from which nice neat slices or rather lean meat can be cut. These should be put with a good seasoning, in alternate layers with thinly-sliced potatoes, into a pie-dish, commencing at the bottom with some of the meat, and finishing at the top with potatoes. Parsley, savoury herbs, onion, or shallot, with a little mace, white pepper, and salt may be used at discretion. A cupful of good gravy from the meat should be poured into the pie before the crust is put on. Suet is generally used for the crust. Time, an hour to bake. Probable cost, exclusive of meat, 6d. to 8d. —*Cassell's 'Dictionary of Cookery.'*

TO RESTORE SCORCHED LINEN.

Peel and slice two onions, and extract the juice by squeezing. Cut up half an ounce of white soap, and two ounces of fuller's earth. Mix them with the onion juice and half a pint of vinegar, and boil the ingredients well. When cool, spread it over the scorched part of the linen, and leave it to dry. Then wash out the linen.

ROASTING IN THE OVEN.

This is usually called *baking* meat. Place the meat in a baking tin in a very hot part of the oven for five minutes to harden the outside and keep in the juice. Baste it as soon as the fat melts; then remove it to a cooler part; place beside it a cup or basin of *hot* water to keep the air of the oven moist without cooling it. Baste the meat frequently. All ovens in which meat is cooked should be properly ventilated, in order to allow the escape of injurious vapour produced by meat when cooked in a close oven. Meat roasted in the oven is not considered so digestible as when roasted before the fire. —*School Cookery Book*.

A CORRECTION.

[CABINET PUDDING.—Substitute any fruit essence, according to taste, for Madeira and brandy mentioned, last week, in *House and Home*, p. 12.]

PORTRAITS.

Next week we hope to give the Portrait of
CHARLES GATLIFF, ESQ.

The following Portraits are also in preparation:

SIR S. H. WATERLOW, BART., Ald., M.P.,
THE EARL OF DERBY, K.G.,
THE MARQUIS OF SALISBURY, K.G.,
THE DEAN OF WESTMINSTER,
SAMUEL MORLEY, ESQ., M.P.,
JAMES EWING RITCHIE, ESQ.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith. The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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* * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

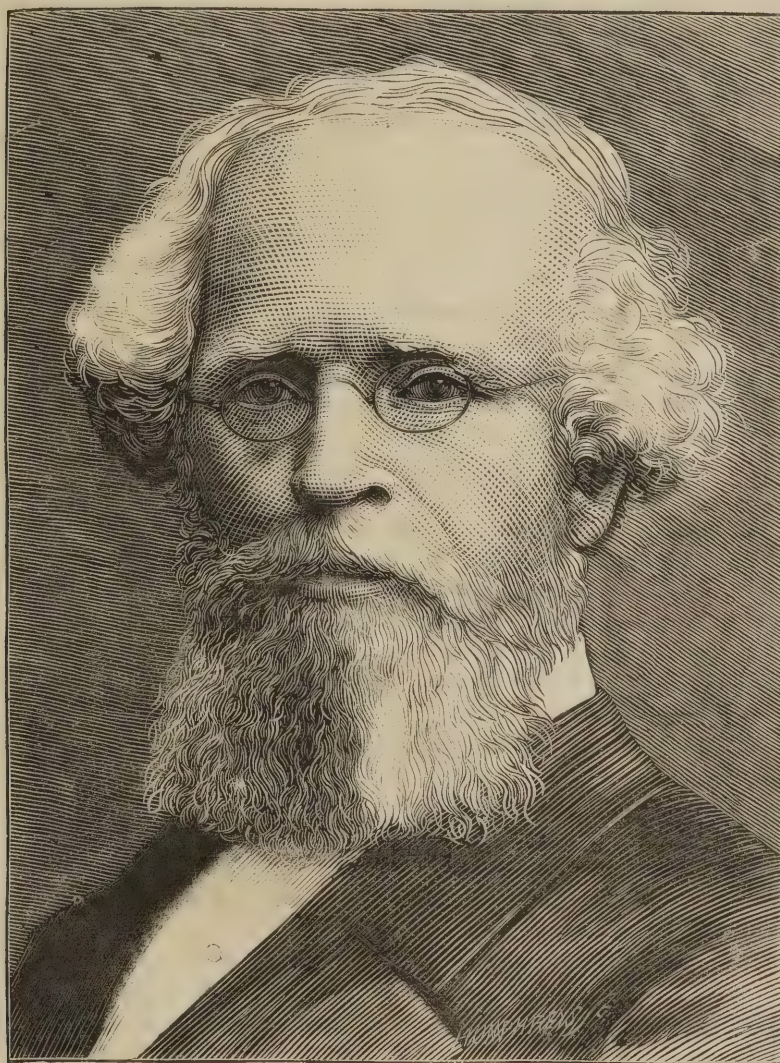
AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 26, VOL. II.]

SATURDAY, JULY 19TH, 1879.

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REGISTERED FOR TRANSMISSION ABROAD.



CHARLES GATLIFF, Esq.

Imperial

THE CONSTITUTION: THE
BUILDING SOCIETY: THE

IN THE CITY OF LONDON



THE END

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.



LONDON: JULY 19th, 1879.

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CHARLES GATLIFF, ESQ.

WE this week present our readers with an engraving from a photograph of Charles Gatliff, Esq., a solicitor by profession, and the founder of the Metropolitan Association for Improving the Dwellings of the Industrious Classes, which Association, as stated in some of our previous numbers, was the pioneer of the now universal movement for improving the dwellings of the working classes.

Mr. Gatliff has sent us a copy of the resolutions passed at the first meeting, which was held at his offices on the 15th September, 1841, to form an association for improving the dwellings of the working classes on self-supporting principles, and at that meeting there were only six gentlemen present, when the Rev. Henry Taylor, then Rector of Spitalfields, took the chair.

During the following four years, prior to the grant of the Royal Charter of Incorporation on the 16th October, 1845, forty-two other meetings were held, and at the last of those meetings, on the 16th September, 1845, Mr. Gatliff had the pleasure to announce that 777 shares of £25 each, amounting to £19,425, had been subscribed for.

Shortly after obtaining the Charter, the first block of Improved Dwellings in the Old St. Pancras Road, containing accommodation for 110 families in 420 rooms, was commenced, and on the 4th July, 1848, the same were visited by His Royal Highness the late Prince Consort, who took the deepest interest in the subject, signified his approval of the buildings, and affixed his autograph in the visitors' book.

In bringing this association before the public, in the first instance, and canvassing for shares to be taken up, the views of many persons were elicited, some expressing their opinion that

it was morally wrong to seek to make a profit out of the class of tenants intended to be benefited, while others held different views; and the late Samuel Gurney, a shareholder in the association, on one occasion, before the dividends had reached their maximum, argued with Mr. Gatliff that if the shareholders took the risk of not getting five per cent., they should be at liberty to receive more than five per cent. when the time arrived that the association could pay it; but his attention was called to the conditions upon which the Charter had been granted by the late Sir Robert Peel, that the dividends could not exceed five per cent., as too large a profit should not be made out of the class of tenants sought to be benefited. The late Elizabeth Fry expressed a similar opinion to a deputation that waited on that lady at West Ham Park in 1843.

In the course of canvassing for shares to be taken up to carry out the self-supporting principle, many offers of donations were made, and cheques for £45 10s. were sent in; but the self-supporting principle was steadily adhered to, and the donations were returned.

The late Earl Russell and the present Lord Shaftesbury, then Lord Ashley, on cheques returning their donations being sent to them, elected to become shareholders, the latter nobleman sending back the cheque with the request that the amount should be applied in payment of calls on one share, as, notwithstanding his lordship had never held a share in any company, he so entirely approved of the object of the Metropolitan Association and the principle upon which it was based, that he had decided to become a shareholder in it.

Referring to the remarks before alluded to of Mr. Gatliff, on his first advocating the self-supporting principle, being remonstrated with for seeking to make a profit out of such an object, he is now sometimes reproached for not making a larger profit than five per cent.; but Mr. Gatliff informs us that he is satisfied with what he has done, so far, in this movement, feeling assured that his scale of rents, varying from three shillings and sixpence for two rooms, to nine shillings for five rooms, which secures a dividend of five per cent., is as high as the ordinary run of the working-class can afford to pay.

We observe by the twenty-fourth report of the association that at the Paris Universal Exhibition of 1867 the gold medal in 'Class 93, for Examples of Dwellings characterised by cheapness combined with the conditions necessary to health and comfort,' was awarded to the Metropolitan Association, and a silver medal to Mr. Gatliff, individually, for the plans, models, and valuable information furnished; and at a meeting of the directors held on the 7th February, 1868, the following resolution was passed:

'That the Board will recommend to the next general meeting of shareholders, that the gold medal awarded to the association by the International jury of the Paris Universal Exhibition, 1867, be presented to Mr. Gatliff as a testimonial of their sense of the valuable services he has for so many years rendered to the association.'

At a general meeting of shareholders, held on the 19th June 1868, the above recommendation was unanimously adopted.

PHRENOLOGICAL SKETCH OF CHARLES GATLIFF, ESQ.

BY PROFESSOR STACKPOOL E. O'DELL.*

THERE is one very important ingredient in the many combinations that form the human mind which is not sufficiently studied or properly estimated, and a more extended knowledge of which would be of much advantage, and that is, 'mental activity.'

From this source comes ability or inability to think, to reason, to observe, and, in fact, perform all the intellectual functions that the human mind is capable of.

A large arm may be good, but if it is a muscular one it is better; and likewise a large head is good, but one with an active brain is better.

Now this head denotes as its most prominent feature 'activity—mental activity,' wide awake, ever on the look-out for information, constantly planning. If he was in a position where he could carry out even half of his plans, he would do more than a dozen ordinary minds.

He does not believe in failure, but will try and try again; more especially if he meet with opposition and difficulties, he will be all the more determined to carry out his plans. He is seldom intimidated through over-cautiousness, and will go on through foul as well as fair weather. He will be more inclined to bend circumstances to his profit, than allow circumstances to control or bend him.

This type of head is required for taking the lead in large designs, where there is organisation, guiding, and controlling power requisite. This head denotes presence of mind in difficulties and energies; hopefulness in the presence of gloom and despondency. In fact, this is a mind that is ever on the alert.

This state of mind can be cultivated when it is desirable to do so. And there are many who have got large heads—and it may be especially large in the mental region—but, owing to a want of activity of brain, are dull, slow, and inadequate to the most ordinary undertaking. And on the other hand there are some with this activity excessive and injurious, with the brain-waste in excess of the supply. And this mental activity often brings on disease or diseases of a most painful nature.

This can be restrained; but here is denoted the happy medium of healthful activity. 'Benevolence' here, is such as to give much general kindness and sympathy for others—sociable, domesticated, fond of home and things connected with it, and will derive the truest and best enjoyment from social and domestic pleasure.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

IMPORTANT COMING MEETING.

By a circular issued on the 11th inst. and signed by the secretary, Mr. Samuel E. Platt, an Extraordinary General Meeting of this Company is called for Monday next, the 21st inst. The business is of great importance. It is proposed to substitute entirely new Articles of Association for those under which the Company has hitherto been worked. The new articles are not issued to the shareholders with the notice calling the meeting; but a note appended to the circular states that they are to be seen at the offices of the Company, and that a copy can be there obtained on application. But as we have not yet succeeded in seeing a copy, we are ignorant of the proposed alterations, and consequently cannot discuss them.

In a matter so important as an alteration of the constitution of the Company of necessity is, the fullest opportunity should be afforded shareholders to consider the draft articles to be submitted to them. The document itself should be in their hands sufficiently long to enable them to study it side by side with the present articles, and a good notice of the meeting—something beyond the bare statutory requirements—should be given.

Opportunity should also be afforded the shareholders for giving notice of amendments; and all such amendments sent in to the offices prior to a given date, should be sent out to the entire body of shareholders a few days before the meeting.

A secondary object of the meeting, but one intrinsically important, although it is likely to be overlooked in the presence of the greater constitutional change, is a proposed increase of the capital of the Company by the issue of £250,000 worth of Preference Shares, bearing a dividend of £4 10s. per cent. These shares are to be issued by the directors as they may see fit, *without being first offered to existing shareholders.*

In the face of the information laid before the last annual meeting to the effect that a dividend of $4\frac{1}{2}$ or even 5 per cent. might fairly be expected on the current year's work, and in view of the fact that some £400,000 of the ordinary capital of the Company is at present unsubscribed, we cannot regard the proposal with favour. At the first view the proposition seems to us to be unfair to existing shareholders, but perhaps we may be enlightened at the meeting.

As we go to press, we learn that the meeting called for Monday next is postponed until Monday the 28th inst. We therefore hope that wiser counsels have prevailed, and that the facilities indicated above will be accorded to the shareholders.

Respect for a large and influential body of proprietors alone should lead the directors to take this course; indeed, we do not see how they can do less in a matter of such moment.

THE ARTIZANS' DWELLINGS ACT (1868) EXTENSION BILL.

(AS AMENDED IN COMMITTEE.)

THE urgent need for a simple machinery to enable local authorities to improve and make habitable the insanitary dwellings of the poor in their respective districts is our excuse, if one is needed, for directing attention once more to this Bill.

With a view of enhancing its chances of becoming law this session, its promoters—Mr. TORRENS, SIR THOMAS CHAMBERS, and Mr. GOLDNEY—have consented to such a rearrangement of its clauses as will confine the power of vestries to rebuild to the metropolis only ; but as far as the compensation clauses are concerned, they still relate to the United Kingdom.

Although the scope of the Bill is somewhat diminished, it is still a valuable measure, and one which ought to be allowed to pass. The purposes of the Bill in the metropolis are thus set out in the fourteenth clause :

'First, the providing, by the construction of new buildings or the repairing or improvement of existing buildings, the labouring classes with suitable dwellings situate within the jurisdiction of the local authority :

'Second, the opening out of closed or partially closed alleys or courts inhabited by the labouring classes, and the widening of the same, by pulling down any building, or otherwise leaving such open spaces as may be necessary to make such alleys or courts healthful.'

These objects have only to be read by those conversant with the sad condition of things existing amongst too much of what is known as old London, especially of those parts of it occupied by the poor, to ensure their warm approval and commendation.

It should be understood that this is in no sense of the term a revolutionary measure. It does not enforce the clearing of wide areas for the opening up of new streets, or for effecting other general metropolitan improvements. But it is a bill enabling local authorities to deal gradually with an admitted social evil. The process need not be an expensive one to the ratepayers. No ambitious schemes need be ventured upon. The properties having been acquired, the requisite funds for rebuilding, renovating, or improving them may be borrowed by the local vestries either from the Metropolitan Board of Works, or from the Public Works Loans Commissioners, at 4 per cent. The improvements, economically conducted, will pay, and more than pay, for themselves.

We incline to the opinion that greater good may be effected by a gradual but progressive process, under which, block by block and court by court, dwellings at present unfit for habitation shall be rendered habitable and healthy, rather than by an ambitious scheme, which unsettles everything, dislocates an entire neighbourhood, and imposes onerous burdens upon the ratepayers.

We confess we do not see any reasonable ground of opposition to the present measure ; and, although late, we trust the session will not be allowed to pass away without so useful a measure being placed on the Statute Book. It will be a grievous mistake if a dog-in-the-manger policy should be allowed so far to operate as to edge out the Artizans' Extension Bill.

THE ARTIZANS' DWELLINGS ACT (1875).

CHELSEA VESTRY.

THE ordinary weekly meeting of this vestry was held on the 11th inst. at the Board-room of the Vestry Hall, King's-road, Chelsea ; Mr. Wm. Davidge in the chair.

Sir Charles Dilke, M.P., wrote : 'On Thursday last (July 3), Mr. Cross was questioned in the House of Commons with regard to a proposal to sell sites cleared under his Artizans' Dwellings Act of 1875 at an immense loss to the metropolitan rates. Mr. Cross replied that the Metropolitan Board would not be doing their duty if they did not accept the offer. I find that the sites in question, which are in the central parts of London, have been cleared at a cost of £735,000, and that the offer which Mr. Cross has made the Board accept is to sell them again for £91,000, the loss upon the transaction thus being £644,000. This being the first occasion when the ratepayers have been brought face to face with the cost of working the so-called Artizans' Dwellings Act, I wish to trouble your Board with a few observations upon the subject. When the Artizans' Dwellings Bill was passing through the House of Commons, I ventured to point out, in opposition to its proposals, that an immense cost would be thrown upon such districts as that

for which we are responsible, without benefit being derived by them. The whole of the schemes which have at present led to the charge are schemes which concern the central parts of London. It seems probable that before any of the few and small schemes are reached which might benefit the West of London, such an outcry would have been caused by the enormous expenditure in central London as to produce a suspension of operations under the Act, and that, in consequence, while we have to face the cost, we shall never reap the benefit. Already the West of London has had to contribute towards metropolitan improvements a vastly larger sum in proportion to that which it has received back in contributions to local improvements than have the central districts. Is it not desirable that the new expenditure demanded by Mr. Cross should be opposed, unless it is more equitably distributed than there is the slightest reason to suppose that it would be as matters stand ?—Mr. Fisher moved that the letter be referred to the Committee of Works, stating that the Act was good as a sanitary measure, but as a financial measure rather a failure.—Mr. Wheeler seconded the motion, which was carried, and the Vestry adjourned.



DIETETICS.

FOOD AND FEEDING.*

BY SIR HENRY THOMPSON.

(Continued from page 264, vol. 1.)

I THINK it may be said that soups, whether clear (that is, prepared from the juices of meat and vegetables only), or thick (that is, *purées* of animal or vegetable matters), are far too lightly esteemed by most classes in England, while they are almost unknown to the working man. For the latter they might furnish an important cheap and savoury dish ; by the former they are too often regarded as the mere prelude to a meal, to be swallowed hastily, or disregarded altogether as mostly unworthy of attention. The great variety of vegetable *purées*, which can be easily made and blended with light animal broths, admits of daily change in the matter of soup to a remarkable extent, and affords scope for taste in the selection and combination of flavours. The use of fresh vegetables in abundance—such as carrots, turnips, artichokes, celery, cabbage, sorrel, leeks, and onions—renders such soups wholesome and appetising. The supply of garden produce ought in this country to be singularly plentiful ; and, owing to the unrivalled means of transport, all common vegetables ought to be obtained fresh in every part of London. The contrary, however, is unhappily the fact. It is a matter of extreme regret that vegetables, [dried and compressed after a modern method, should be so much used as they are for soup, by hotel-keepers and other caterers for the public. Unquestionably useful as these dried products are on board ship and to travellers camping out, to employ them at home, when fresh can be had, is the result of sheer indolence or of gross ignorance. All the finest qualities of scent and flavour, with some of the fresh juices, are lost in the drying process ; and the infusions of preserved vegetables no more resemble a freshly made odoriferous soup, than a cup of that thick brown, odourless, insipid mixture, consisting of some bottled 'essence' dissolved in hot water, and now supplied as coffee at most railway-stations and hotels in this country, resembles the recently made infusion of

* These extracts are taken from valuable articles contributed by Sir Henry Thompson to the *Nineteenth Century* for June and July, 1879. The articles should be read by our readers in their entirety.

the freshly roasted berry. It says little for the taste of our countrymen that such imperfect imitations are so generally tolerated without complaint.

The value of the gridiron is, perhaps, nowhere better understood than in England, especially in relation to chops, steak, and kidney. Still, it is not quite so widely appreciated as it deserves to be in the preparation of many a small dish of fish, fowl, and meat, to say nothing of a grilled mushroom, either alone or as an accompaniment to any of them. And it may be worth while, perhaps, remarking that the sauce *par excellence* for broils is mushroom ketchup; and the garnish, cool lettuce, watercress, or endive. And this suggests a word or two on the important addition which may be made to most small dishes of animal food under the title of 'garnish.' Whether it be a small filet, braised or roasted, or a portion thereof broiled; a fricandeau, or the choice end of a neck of mutton made compact by shortening the bones; or a small loin, or a dish of trimmed neck cutlets, or a choice portion of broiled rumpsteak; a couple of sweetbreads, poultry, pigeon, or what not—the garnish should be a matter of consideration. Whether the dish be carved on the family table, as it rarely fails to be when its head is interested in the cuisine, or whether it is handed in the presence of guests, the quality and the appearance of the dish greatly depend on the garnish. According to the meat may be added, with a view both to taste and appearance, some of the following: *purées* of sorrel, spinach, and other greens, of turnips, and of potatoes plain, in shapes, or in croquettes; cut carrots, peas, beans, endive, sprouts, and other green vegetables; stewed onions, small or Spanish; cucumbers, tomatoes, macaroni in all forms; sometimes a few sultanas boiled, mushrooms, olives, truffles. In the same way chestnuts are admirable, whole, boiled or roasted, and as a *purée* freely served, especially in winter, when vegetables are scarce; serving also as farce for fowls and turkeys. While such vegetables as green peas, French and young broad beans, celery and celeriac, asparagus, seakale, cauliflower, spinach, artichokes, vegetable-marrows, etc., are worth procuring in their best and freshest condition, to prepare with especial care as separate dishes.

It is doubtful whether fish is esteemed so highly as an aliment as its nutritious qualities entitle it to be; while it offers great opportunity for agreeable variety in treatment. As a general observation, it may be said that in preparing it for table sufficient trouble is not taken to remove some portion of the bones. This can be advantageously done by a clever cook without disfiguring or injuring the fish. Sauces should be appropriately served: for example, the fat sauces, as *hollandaise* and other forms of melted butter, are an appropriate complement of hot boiled fish, while *mayonnaise* is similarly related to cold. These and their variations, which are numerous, may also accompany both broiled and fried fish; but these are often more wholesome and agreeable when served with only a squeeze of lemon-juice, and a few grains of the zest, if approved, when a fresh green lemon is not to be had—and it rarely can be here. But the juice of the mushroom is preferred, and no doubt justly, by some. Endless variations and additions may be made according to taste on these principles. But there is another no less important principle, viz., that the fish itself often furnishes a sauce from its own juices, more appropriate

than some of the complicated and not very digestible mixtures prepared by the cook.

On salad so much has been written that one might suppose, as of many other culinary productions, that to make a good one was the result of some difficult and complicated process, instead of being simple and easy to a degree. The materials must be secured fresh, are not to be too numerous and diverse, must be well cleansed and washed without handling, and all water removed as far as possible. It should be made by the hostess, or by some member of the family, immediately before the meal, and be kept cool until wanted. Very few servants can be trusted to execute the simple details involved in cross-cutting the lettuce, endive, or what not, but two or three times in a roomy salad-bowl; in placing one saltspoonful of salt and half that quantity of pepper in a tablespoon, which is to be filled three times consecutively with the best fresh olive oil, stirring each briskly until the condiments have been thoroughly mixed, and at the same time distributed over the salad. This is next to be tossed well, but lightly, until every portion glistens, scattering meantime a little finely chopped fresh tarragon and chervil, with a few atoms of chives, over the whole. Lastly, but only immediately before serving, one small tablespoonful of mild French vinegar is to be sprinkled over all, followed by another tossing of the salad. The uncooked tomato, itself the Prince of salads, may be sliced and similarly treated for separate service, or added to the former, equally for taste and appearance. Cold boiled asparagus, served with a *mayonnaise*, forms a dish of its kind not to be surpassed. At present ranking, when the quality is fine, as an expensive luxury, there is no reason why, with the improved methods of cultivating this delicious and wholesome vegetable, it should not be produced in great abundance, and for less than half its present price. As to the manifold green-stuffs which, changing with the season, may be presented as salad, their name is legion; and their choice must be left to the eater's judgment, fancy, and digestion, all of which vary greatly.

The combination of dishes to form a meal now demands our consideration. In the Continental system, the slight refreshment served in the early morning, in the form of coffee or chocolate, with a rusk or a morsel of bread, does not amount to a meal. It is only a dish, and that a light one, and not a combination of dishes, which is then taken. At or about noon a substantial meal, the *déjeuner*, is served; and at six or seven o'clock an ample dinner. Such is the two-meal system, and it appears to answer well throughout the West and South of Europe.

What I have termed the provincial system consists of a substantial breakfast at eight or nine, a dinner at one or two, a light tea about five, and a supper at nine or ten. It is this which is popular throughout our own provincial districts, and also among middle-class society of our northern districts throughout both town and country. The habits also of the great German nation correspond more to this than to the first-named system.

The prevailing system of London, and of the numerous English families throughout the country whose habits are formed from partial residence in town, or by more or less intimate acquaintance with town life, is that of three meals

daily. In general terms, the breakfast takes place between eight and ten; the lunch from one to two; the dinner from half-past six to eight.

In all cases each meal has its own specific character. Thus, here, breakfast is the most irregular in its service, and least of all demands general and intimate coherence of the party assembled. Individual interests concerned in the letter-bag, in the morning news, in plans for the day, in cares of coming business, etc., are respected. Provision for acknowledged dietetic peculiarities on the part of individuals is not forgotten, and every one comes or goes as he pleases.

At lunch the assembly is still somewhat uncertain. Thus some members of the family are absent without remark; intimate friends may appear without special invitation; while those less intimate can be asked with small ceremony. Occupations of pleasure or business still press for pursuit during the afternoon, and the meal for such may not be too substantial. It should suffice amply to support activity; it should never be so considerable as to impair it.

The last meal of the three, dinner, has characters wholly different from the preceding. The prime occupations of the day are over; the guests are known [and numbered; the sentiment is one of reunion after the dispersion of the day—of relaxation after its labours, sports, or other active pleasures. Whatever economy of time may have been necessary in relation to the foregoing meals, all trace of hurry should disappear at dinner. A like feeling makes the supper of the 'provincial' system a similarly easy and enjoyable meal. And all this is equally true of dinner, whether it unites the family only, or brings an addition of guests. General conversation: the events and personal incidents of the day, the current topics of the hour, are discussed in a light spirit, such as is compatible with proper attention to the dishes provided. All that follows late dinner should for the most part be amusement—it may be at the theatre, an evening party, or a quiet evening at home. There should be ample time, however, for every coming engagement, and security for some intervening rest for digestion. Dinner, then, is the only meal which—as the greater includes the less—need be discussed in the third part of our subject, which claims to treat of custom and art in combining dishes to form a repast. With the requirements and under the circumstances just specified, it should not be a heavy meal, but it should be sufficing. No one after dinner should feel satiety or repletion, with a sense of repugnance at the idea of eating more; but all should still enjoy the conviction that a good meal furnishes delightful and refreshing occupation.

(To be continued.)

HOW TO MAKE THE HOUSE A HOME.

BY MRS. PERRIER.

IT is a fact only too well known, and too heavily felt, that there are houses which ought to be homes, which are indeed considered model homes, as far as bodily comforts go, which yet are not so in one sense, and that the highest sense, of the word. It is not only because of hatred and strife, because of vice, or folly, or extravagance, because of the neglect or carelessness which produces dirt and discomfort, that the house fails to be

a home. It is, unhappily, within our every day experience to know family habitations in which what are called the household duties are performed with the minutest exactness; in which cleanliness, order, and punctuality reign; in which everything is in its proper place, and every business done at its proper time, which yet are as repulsive, or at least as unattractive, to most members of the family dwelling therein, as those in which the household duties are habitually neglected. Habitations in which a sense of monotony, tedium, weariness, not to say dreariness, is the prevailing feeling within the doors of the so-called home, to which no face looks brighter on returning; from which no one goes with a sense of reluctantly leaving for awhile the scene of life's best pleasures; in which no one finds that charm which lightens life's burdens and sweetens life's toils; or where no one expects that refreshment which sends him or her forth to the world's business with renewed hopes and strengthened energies. Ought this to be so? Ought the members of a family, persons of average intelligence and education, according to their station in life, be able to make no better home for each other than this? Ought the house which is neat, and bright, and sweet, and wholesome—in which linen is clean and food well cooked, and where 'no coarseness of manners or depravity of morals is allowed to intrude—become as utterly distasteful as that which is disfigured by dirt and disorder, or degraded by vice and grossness? And if not, how is this to be prevented, and what cause has produced it? The cause, I think, is not very far to seek. Did human beings need no other conditions of life than those required by the lower animals, then these bodily comforts and physical necessities of good food, warmth, light, air, and cleanliness would be enough for happiness. But human beings do need something beside these. They have an inner-life—an inner-life so terribly starved amidst all these appliances for the well-being of the outer, that they gladly leave these model 'homes,' and put up with no small amount of bodily discomfort, to feed that inner-life elsewhere—to escape from a wearying, deadening influence, the effect of a mind-hunger which need not exist. I don't mean to say but that homes richest in intelligent enjoyment may be, and even ought to be, sometimes left for the purpose of seeking wider ranges of such enjoyment; but I do mean to say that the concert, or the lecture, or the public reading or discussion, should be, in fact, only a wider range of that which ought to be considered an inseparable condition of home. Beings who know that however right it is that they should study bodily comfort and physical health in all the arrangements of their dwellings, know also that they have a life which must last when bodily life is past all care, are not justified in making no provision for the sustenance of this life in their domestic existence, however amply it may be provided for elsewhere. It seems to me rather strange that this reflection has not pressed more often than it appears to have done on the minds of those thoughtful persons, anxious, and very laudably anxious, to provide means for wholesome and improving recreation in public. But although even the most thoughtful among us have not given this want in our domestic life as much consideration as it ought to have had, every one of us has felt the want. Now, as no one, it is to be presumed, will say that it ought to be such a wide-spread want, the real question is how is it to be prevented, or rather, how is the want to be

supplied? Looking at the matter superficially, people might be apt to think that the present provision made for education, and its consequent rapid advance, would answer the inquiry, that when all classes among us shall be better informed and more intelligent, the want must disappear; but if we go a little below the surface, we shall not find ourselves able to settle it in this summary way. In the first place, this want is not confined to the homes of the uneducated; rather, on the contrary, it is felt in—it more commonly pervades—those homes in which education is above than below the average. Of course, when it exists in such homes it must be more felt; but the fact of its existence is quite as certain as the feeling. In the second place, this very advance of education will be too likely, unless some other effort be also made, to increase the evil, in one respect at least, rather than diminish it. There is a danger that the dissipation of vice and frivolity may be exchanged for intellectual dissipation. Our English homes may be deserted not only by the profligate and the silly, but by the thoughtful, the intelligent, and the good. No; the answer cannot be given in this general way. The remedy cannot be left to mere ‘progress’ and ‘development,’ unassisted by any special effort. If it were so, we should not have to ask, as we have at present, why the interesting and useful ‘discussion’ which animates the gathering of a ‘society’ never enlivens the yawning assembly in the home parlour?—why the head that can compose and the tongue that can speak the lecture which gives the ‘association’ so much information, and gives it so charmingly, never use their charm for the benefit or the pleasure of the family?—why, in short, and how it comes to pass that intelligence is laid asleep, and information hidden away, in the very place where both should be most prompt and ready? In truth, this is a question of moral duty as well as of social happiness; and if the moral duty be not put in its right place—that is, the first place—at the beginning, it may come to be as completely disregarded in the pursuit of intellectual social pleasures as in the pursuit of any other pleasures whatever. We have among us the anomaly that while the work of making home materially healthy and comfortable is insisted on as a duty, the work of making it mentally so is left as a matter of choice. In the past ages of general ignorance this anomaly did not exist, for attention to material comfort was then all that was possible, and the absence of anything else was little felt, if at all, and if felt, could not be supplied by any of those who formed the household circle. It has, in fact, grown up as the accompaniment of our advanced education and increased intelligence. The home requirements of a hundred or even of fifty years ago cannot satisfy men and women of the present day; yet still we go on reiterating advice, injunctions, ‘hints,’ respecting those requirements, and taking no note of the progress which has created a hundred requirements then unknown. The first lesson, therefore, which we have to take to heart is this, that provision for the mental requirements of the home circle is not only, as I have said, a moral duty, but that it is becoming daily one of the most urgent of those duties, one of the most weighty responsibilities of our domestic life, and one of the most potent agents for the good or evil of that life. If these few observations meet with a response in any mind, I purpose, in a future paper, to suggest at least, if not actually define, some of the means by which home may be made intellectually

attractive, as easily as it can be made pleasant to the bodily senses by attention to material comforts. These means must of course, to some extent, vary with the worldly circumstances, social position, taste or ability of various families or members of families; but for the most part they are far from exceptional—they are plentiful, easy, needing no extraordinary talents or learning, and within reach of almost the poorest among us.

(To be continued.)

HOME FOR WORKING GIRLS OPENED BY MRS. GLADSTONE.

AN excellent branch of the valuable work undertaken by the Girls' Friendly Society was inaugurated on the 11th inst., when Mrs. Gladstone formally opened 11, Red Lion Square, Holborn, as a home for business girls. Lord Brabazon presided. Mrs. Gladstone was accompanied by her daughter, Miss Mary Gladstone, and amongst those present were the Countess of Meath, Lady Romilly, Lady O'Neil, the Hon. Miss Wilbraham, Mrs. Colin Campbell, Mrs. Schuster, Miss Pearse, Mrs. Hamilton, General Sir Richard Wilbraham, Mr. and Mrs. Hervey Pechell, Mr. M'Cullagh Torrens, M.P., and Mrs. Torrens; the Rev. W. T. Thornhill Webber, rector of St. John's, Holborn; the Rev. Mr. Blunt, Mrs. Blunt, and the Rev. W. Panckridge.

The proceedings having been opened with singing and prayer, The Rev. W. T. THORNHILL WEBBER said that Mrs. Hervey Pechell had very kindly drawn up a statement of the objects of the home, from which he would read an extract. After quoting from an article by Miss Chessar, which appeared in *The Queen*, headed ‘Sanitary Conditions in Houses of Business,’ which concluded with the question, ‘Who will come forward and say how help can best be given?’ the statement proceeded: ‘In response to this appeal, the Girls' Friendly Society has come forward and has organised a special department of “Help for Young Women in Business.” Already several clubs and recreation-rooms have been started, in some of which lodgings are also provided. Such a home is now being established at 11, Red Lion Square, Holborn—a large airy house, capable of containing lodgings for 25 young women, at prices varying according to the accommodation and the means of the inmates. There will be rooms on the ground-floor for recreation, and especially for rest and quietness, which are so much needed, and a dining-room in the basement. A lady-superintendent is engaged, who will live in the house, and try to make herself the friend of all who may be under its roof. All this requires money, and though £357 7s. has been kindly contributed, and a few other sums are promised, yet still more is needed for repairs, furnishing, superintendent's salary, servants' wages, and also the endless necessary expenses of housekeeping. An earnest appeal is now made for annual subscriptions, as of course, until the Home is in full working order, it cannot be self-supporting. In time, the Girls' Friendly Society hopes and believes that many such homes will be started, and that they will be entirely self-supporting; but now in these, the first efforts, we ask for the help of all who feel for the “weary and heavy-laden.”’ In continuing his remarks, the rev. gentleman said that this was a society which one might briefly say was called into being as the outcome of an awakened desire on the part of the Church to realise more fully the sisterhood and the brotherhood of the Church of Christ—to attempt to realise that we are all members of one body, and that if one suffers all suffer. With reference to the immediate object, the Girls' Friendly Society was now only touching the skirts of a very wide question indeed. He was sure that the clergy felt that Mr. Torrens never so well represented them as when engaged in facilitating measures for the better housing of the labouring classes. In conclusion, the rev. gentleman alluded to the great difficulty experienced by girls from the country in finding suitable lodgings in the metropolis.

MR. TORRENS, M.P., said he was extremely glad to be present and to bear his humble testimony to the excellent work they had undertaken. He only differed from his rev. friend in one part of his speech—that in which he modestly described the present effort as a very small part of the work, viz., providing Christian homes. One thing which of all others it was difficult to obtain was to prove to the unbelieving and indifferent that a good thing could be done. They were present to do practically one good thing. They were doing by example what others were endeavouring to do by legislation. He and others had been engaged for many months in preparing a bill to be brought before Parliament, and as we are on the eve of the dog-days he would leave them to judge of the efforts which were necessary to carry it through successfully. He was convinced that the want of decent homes was an obstacle which operated against all the efforts made to improve the welfare of the masses, and it was deplorable to think that in this, the richest city in the world, we should go on year after year and not provide better and more comfortable habitations for the classes which produced the wealth which was enjoyed. He thought that very few realised

the intensity of the evil. A friend told him the other day that it had come to his knowledge that both in the City and at the West-end, where retail businesses were conducted on a great scale, females who took part in those businesses, though nominally hired for 10 hours a day—which was quite long enough—were detained for one or two hours after the shutters were closed. What must be the condition of mind and body—perhaps ill-nourished, and certainly not over-fed—of those whose lot it was merely to go back to some garret, where there was an absence of wholesome or nutritious air? It was impossible to exaggerate the mischief to the mind and the body which this mode of life entailed. What was the alternative? To walk about the streets, which, putting aside the temptations which would result, was most hurtful, and it was the duty of everyone, either by legislation or otherwise, to in some way co-operate in aiding this movement.

Mr. JOHN SHRIMPTON, who has been instrumental in establishing a home for working girls in Clerkenwell, said if the ladies present could see the lodgings provided for women and girls in London, they would feel very sad. He appealed to them to aid this movement with their subscriptions. He felt that the ladies of England did not sufficiently value the privileges they possessed of helping their less fortunate sisters. There was something lamentable in the diffidence shown by ladies in coming forward in this work; but he asked them to visit these homes in the evening, and sing and read to the inmates of these homes, and impress friendless girls that there were thousands in London who sympathised with them, and wished to make them happy.

The Rev. W. PANCKRIDGE suggested that dwellings should be erected for widows and the class below artisans.

The CHAIRMAN, after expressing the thanks of the meeting to Mrs. Gladstone and Mr. Torrens for their attendance, said that the Girls' Friendly Society had been established for about five years, but it had hitherto done little for business girls, and had more especially confined its operations to domestic servants. That being the class most accessible, it had worked with great success. They were now endeavouring to extend the society to business girls, and it was proposed to partition the premises into separate bedrooms, as it was believed that privacy would be appreciated.

Mrs. GLADSTONE then handed the lease of the premises to the chairman, and said: My duty is a very simple but happy one. After the beautiful addresses we have heard, which I hope we shall all lay to heart, I hand over the lease, and declare the house open; and I pray that Almighty God may bless the efforts which may be made, and I may add that under the shadow of the beautiful church I have seen, this institution cannot fail to be a success.

A hymn having been sung, the proceedings were concluded with prayer. Mr. J. M. Coward, deputy organist of St. Ann's, Soho, ably accompanied the hymns on a harmonium. It was also stated that the following subscriptions had been received:—Lady O'Neil, £10; Mrs. Schuster, £5; and Lady Meath, £1.

PRINCE LOUIS NAPOLEON.

I.

A REQUIEM for thee, the early fallen, the young, the brave,
Gone down with all thy golden promise to a soldier's grave;
A voice of wailing far across the distant seas to swell,
And England's grief and deep abiding sympathy to tell.

II.

An exile from that France for which thy race had fought and bled,
What high heroic dreams were o'er thy future pathway shed!
Thy hand should rend the cloud and grasp the laurel wreath of fame,
And fling the sunlight back upon thy proud imperial name.

III.

There was fire within thy veins and martial daring in thy breast,
The dauntless spirit of thy race that scorned ignoble rest;
But blent with these thy mother's graceful winning nature dwelt,
And friend and foe the gentle influence of thy presence felt.

IV.

A requiem for thee who fell in early manhood's pride,
The ancient sword of England proudly girded to thy side.
No stain upon thy pure young life, no shadow on thy brow,
The proudest heroes of thy race might kneel to such as thou.

V.

The child of emperors—the heir of France's brilliant throne,
The dazzling splendour of thy birth was spread from zone to zone;
Who saw thee in thy father's arms in 'Notre Dame's' proud lane,
Could dream a lonely death for thee on Afric's distant plain;

VI.

Could dream that far away, an exile from thy native land,
Thy fate should be to fall beneath the treacherous Zulu's hand;
That silent stars of night alone should watch thy dying hour,
Borne down, where thick and fast as hail the dread assegais shower?

VII.

And she, the beautiful, the well-beloved, whose queenly grace,
The cynosure of every eye, adorned a throne's high place,
Our tears for her, the widow, who hath lost her only child,
The stricken Rachel, weeping, and will not be reconciled.

VIII.

He was her only one—the loved of youth, the hope of age,
Whose smile had power the darkest fate to soften and assuage;
Oh! tears for her, the uncrowned one who childless sits alone,
The wreck of all her love and all her hopes around her strown.

IX.

She drank the jewelled cup of high imperial power,
But wild hands dashed it from her lips in one dark fatal hour;
Yet 'mid that ruin's gloom the light of love shone warm and bright,
Her husband and her child still filled her exile home with light.

X.

Oh! widowed mothers who have buried fair young heads away,
And stood beside the dying bed to soothe the sufferer's way;
Your tears for her, for her whose only boy went down alone,
With the yell of savage foes around, in Afric's burning zone.

XI.

A requiem for him whose dust comes to us o'er the deep,
The gallant and the true for whom his English comrades weep;
Let England's flag and France's tricolour above him wave,
As ye lay him in his unstained youth beside his father's grave.

XII.

From life's tempestuous storms secure—perchance from lone despair,
From blighted hopes and ruined heart and mind and cankering care,
Like a chief struck down in his first flight whilst heart and step were free,
Such, such art thou, oh! fairest blossom of the proud imperial tree.

XIII.

Thy fate shall long be wept, thy memory kept fresh and green,
In quiet English homes as in the palace of our Queen;
And He who struck the blow, may He the healing balm bestow,
To soothe the childless widow in her hour of darkest woe.

E. M. LUMSDEN.

THE UNIVERSAL SORROW FOR THE LATE PRINCE IMPERIAL OF NO POLITICAL SIGNIFICANCE.

The Daily Chronicle of Monday last said:

'We believe that, among extreme Republicans in France, some soreness has been felt at the character of the ceremonies attendant on the reception and burial of the PRINCE'S remains. But Frenchmen ought to know that what has been done has not been prompted by any political considerations. The respectful sorrow which has been shown for the young PRINCE has been evoked by a sense of deepest personal sympathy. Our royal family mourn the loss of an affectionate friend, our soldiers regret the loss of a genial comrade, and the people sorrow for one who was for years an honoured guest, and who lost his life in their cause. It was for the dead soldier that the multitude mourned on Saturday, and it is with the bereaved mother that the entire nation sympathises to-day. But neither the mourning nor the sympathy has anything but a purely personal character; and no Imperial or Republican considerations mar the sincerity of the homage paid to suffering.'

A MAN WHO COULD DO IMPOSSIBILITIES.

A TALE OF A COFFEE-TAVERN.

BY T. H. EVANS,

Author of the 'Abstainer's Companion,' etc., etc.

(Continued from page 19.)

CHAPTER II.

BOB DAY'S MISTAKE.

'Unless we provide the working man with some substitute for the attractions and comforts of the public-house, it is worse than useless, in fact, it is mere selfishness, to preach a crusade against the latter.'—*Dr. Barnardo.*

PARTING with his old companions at Rockstable and going to Drillington proved quite an event in the career of Bob Day, for the thriving little town just named was blest with one of those very agencies which seem to be so eminently fitted for cases of the Bob Day type, namely, a coffee-tavern. And we hope the time is not far distant when every district throughout the kingdom will possess one or more of these practical rivals to the public-house, for we know from experience that there are plenty of Bob Days to be found in every drink-shop. But let us proceed with our story.

About twelve months after Bob left Rockstable, Jack Ford had occasion to visit Drillington on business.

'I wonder what has become of Bob?' thought Jack, as he walked through the town. 'The train for Rockstable does not start for an hour, I'll try to find him out. Here's a postman coming, I'll ask him. No I won't,' thought Jack, laughing outright, for the very idea of Bob either writing a letter or receiving one seemed too absurd to be entertained for one moment. 'There's a policeman coming; he is far more likely to know than a post-man.'

'Good-evening, policeman; it's a curious question, perhaps, to ask, but do you know a working man called Day anywhere about the town?'

'Yes, I know several,' was the reply.

'It's Bob Day, the navvie, that I want.'

'I know only one Robert Day,' said the policeman, 'and he ain't bin here long neither.'

'Yes, that's him!' exclaimed Jack, eagerly.

'Well, you'll find him down the second turning on the other side—he keeps a little newspaper shop and sells sweet-stuff.'

At the word 'shop,' all Jack's hopefulness evaporated. He felt sure that the individual indicated could not be the Bob Day he was in search of. After thanking his informant for the information, he wended his way as directed almost mechanically, for he could not repress the conviction that he was on the wrong track. Yet something made him keep on, so, in a few moments, he came face to face with a neat little corner shop, above which was written 'Robert Day.'

'I'll go in and buy a paper,' thought Jack. Just as his hand was on the door, he saw a copy of the *Coffee Public-house News* in the window.

'That's something new,' remarked Jack; 'I'll have one.' Pushing open the door, he entered. 'The *Coffee Public-house News*, please,' said Jack, fumbling for a penny.

'Yes, sir,' said a pleasant female voice, and a comely little woman emerged from a room behind the shop to serve him.

'Is Mr. Day in?' said Jack, as he folded up the paper, hardly knowing how to begin what he wanted to say.

'No, he's not, sir; but he'll be in to his tea almost directly. Take a seat, sir, he's sure not to be long.'

'Thank you,' said Jack, seating himself; 'I can't stay very long, because I have to return to Rockstable by the next train.'

'That's where we lived before we came here,' said the little woman, brightening up. 'Do wait till my husband comes, for he will be so glad to see anyone who comes from there.'

This confession soon brought all the hope back again to Jack's heart, and he was about to put a question that would have banished every doubt, when the shop-door opened, and in walked the object of his search.

The meeting may be better imagined than described, for Bob, in dress and appearance was just what every son of toil ought to be, and would be, but for the publican. Jack would never have known him, but for his voice, and even that had greatly improved. When a little of the excitement on both sides had subsided, and all were comfortably seated in the snug little parlour at the back of the shop, where the table was spread for tea, Jack found his tongue.

(To be continued.)

NEW BOOKS AND PUBLICATIONS.

The Abstainer's Companion, by T. H. Evans: London, W. Tweedie and Co., Limited.—This interesting and entertaining little volume should be in the hands not only of abstainers, but of the youth of the land. It is made up of prose and verse, and its contents are sufficiently varied to insure its popularity with most people. We shall give an extract or two when our space will permit.

Thrift, by Thomas Bowden Green, F.R.H.L.: Oxford, 7, New Road.—As the founder of the National Thrift Society, Mr. Green is able to speak with authority on the subject. We cannot say more than that this thoughtful publication merits a large circulation. Philanthropists would be doing more real good by circulating a few pounds' worth of 'Thrift' amongst the people than by dispensing among them ten times the amount in endeavouring to remedy the results of the thriftlessness so prevalent with the masses.

The Air Boat, by Philip Brannon: London, 343, Victoria Park Road, E. This pamphlet on 'Aërial Flotation' is illustrated by numerous woodcuts, drawn and engraved by the author, who professes to be able to make aëro-navigation 'facile, rapid, safe, and certain.' Mr. Brannon is undoubtedly an ingenious man, and his theories may be perfect. It would be much more satisfactory, however, if he could point to some practical demonstration of the success of his invention. When he is able to do this he doubtless will receive all the aid he deserves. Mr. Brannon is well-known as the patentee of the monolithic system of fire-proof building.

The Homes of the Poor and the Board of Works Swindle: London, D. Chatterton, 58, Cromer Street.—Mr. Chatterton sets out by a lamentable case of death resulting from the overcrowding, intensified by the wholesale destruction of streets under the Metropolitan Improvement Acts. He had a good text, and with calmness and discrimination he might have produced a really useful pamphlet. But he is not content with denouncing the members of the Metropolitan Board of Works as a set of swindlers, he runs amuck of Queen, Lords, Commons, and all existing authorities, who are, according to Mr. Chatterton, all thieves, murderers, or something worse. The author's feelings have manifestly got the better of his judgment—if he has any judgment.

The Great Northern Railway and East Coast Route to Scotland: London, 7, Water Lane.—This is a marvellous penny guide, containing some twenty-five high-class wood engravings, with descriptive letter-press, excellently printed on good paper.

Caygill's Tourist Chronicle, No. 4: London Excursionist Office, 371, Strand.—To intending holiday-makers and travellers, whether in or out of England, this publication will be very welcome. It presents a well-arranged scheme for tourists whose requirements are carefully provided for. In fact, as a tourist, you have only to put yourself in Mr. Caygill's hands to be relieved of the trouble and annoyance of having to make arrangements incidental to travel, bed or board, at every turn. You insure these advantages together with the strictest economy.

The History of Protestantism (Part I., price 7d., Illustrated), by Dr. J. A. Wylie: London, Messrs. Cassell, Petter, and Galpin.—The issue of a new edition of this splendidly got-up work presents an opportunity to intending subscribers to become possessed of what now ranks as a standard work. According to Dr. Wylie—'The spread of Christianity during the first three centuries was rapid and extensive. The main causes that contributed to this were the translation of the Scriptures into the languages of the Roman world, the fidelity and zeal of the preachers of the Gospel, and the heroic deaths of the martyrs. It was the success of Christianity that first set limits to its progress. It had received a terrible blow, it is true, under Diocletian. This, which was the most terrible of all the early persecutions, had, in the belief of the Pagans, utterly exterminated the "Christian superstition." So far from this, it had but afforded the Gospel an opportunity of giving to the world a mightier proof of its divinity. It rose from the stakes and massacres of Diocletian, to begin a new career, in which it was destined to triumph over the empire which thought that it had crushed it.'

RECEIVED.

Social Notes—well sustains its reputation; *Spiritual Notes*—a monthly devoted to Spiritual and Psychological subjects; *The Hull Miscellany*—contains interesting papers on Swedenborg, notes on health topics, and poems of interest; *The Rechabite Magazine*—the organ of the great Temperance Benefit Society, gives information of special interest to its members; *The Temperance Journal*, July 12th—gives an excellent portrait and biographical sketch of Mr. Roland McDougall, originator of the Coffee Palace Movement and proprietor of the popular refreshment establishments at Ludgate Circus and St. Paul's Churchyard.

CURRENT OPINIONS AND EVENTS.

AN important case has recently been tried at the Lewes Assizes affecting the liabilities of husbands for goods supplied to their wives without consent or authority. The case was tried before Mr. Justice Grove, and occupied two days. The defendant husband pleaded that the goods were supplied without his consent or authority; that the charges for them were excessive; that he supplied his wife with sufficient means to pay for the goods; that his wife was intoxicated when she gave the orders, and did not know what she was doing; and, lastly, the defendant pleaded the Statute of Frauds. The jury at once returned a verdict for the defendant, the articles (valued at £52) to be sent back.

A discussion upon the use of stimulants in workhouses is going on in several of the Metropolitan parishes. In some cases the quantity used has been much diminished. Of course various views of the subject are taken; but the almost cynical plea for the continuance of a supply to the 'old men and women in our pauper infirmaries' put forth by the *Sportsman*, is at least novel. The *Sportsman* says:

'If it is true that an occasional drop of gin or brandy will kill an old pauper, it is obvious that the alcoholic principle becomes in the long run a saving to the ratepayers.'

On Saturday last, a coffee-tavern was opened at Kentish Town. The opening was made the occasion of a public meeting, presided over by Mr. Samuel Hoare, J.P., who, in the course of his remarks, said:

'This coffee-tavern, like others, was started to supply a want which had sprung up, and to give a place where people could meet their friends free from noise and engage in reading or recreation without the evils which they were too apt to get if they went to public-houses. Political conversations might be carried on in these taverns, and he hoped to see them, instead of public-houses, become the centres for recruiting sergeants to obtain recruits for her Majesty's army. According to the news from Zululand, a great number of our recruits had gone out there materially damaged in health, probably through indulgence in strong drink. He also hoped to see, as the result of this coffee-tavern movement, the reopening of the old-fashioned coffee-rooms in the public-houses, where non-intoxicating drinks might be obtained.

On the same day a distribution of 4000 Bibles and Testaments, the gift of Mr. Francis Peek, was made at the Crystal Palace to School Board school children. The presentation was made by Earl Granville, who, in speaking to the prize-winners, said:

'Truly, they had received for their labours a worthy prize in the Book of all books, which in its religious aspect was one which charmed children; it was consolatory to adults, and was the comfort of old age. It was one which, apart from its sacred origin and character, contained some of the noblest lessons of history, of eloquence, of poetry, of wisdom, and, above all, of moral teaching. In our beautiful translation we found one of the best means of learning our mother tongue.'

The Westminster Industrial Exhibition was brought to a close on Saturday last, when the Premier distributed the prizes and medals to successful exhibitors. The Dean of Westminster, with that rare felicity which ever distinguishes him, gave three reasons for claiming Lord Beaconsfield's help:

'The first,' said the Dean, 'was a geographical reason—it was because whoever was Prime Minister must, by reason of his residing in Downing Street, be a citizen of Westminster and an inhabitant of St. Margaret's parish. The second reason was because there was something congenial in the work he was called upon to do—to encourage the workmen in the right use of their leisure hours. The third reason was because the Exhibition had been a prosperous undertaking.'

Lord Beaconsfield, in addressing the exhibitors and their friends, expressed the opinion that:

'It was a great mistake of people to suppose that the principles which were applicable to the fine arts were not equally applicable to the arts of utility, for the same appositeness, the same preparation, and the same fitness and finish were necessary; and that which was most important both in the fine arts and in works of design was that the best materials should be used. But however skilful might be the manipulation, without feeling they would not accomplish their purpose. As to their works of art, he would remind them that although they must court criticism they must not be daunted by it.'



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson*.

(The Editor is not responsible for the views of Correspondents.)

THE ARTIZANS' COMPANY. — STARTLING PROPOSALS OF THE DIRECTORS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Will you kindly call the attention of the shareholders of the Artizans' and Labourers' Dwellings' Company to the notice of an Extraordinary General Meeting to be held on Monday next, at the Westminster Palace Hotel, at eleven o'clock? It seems to me that every shareholder should attend that meeting, in order to protect our interests, which seem to be placed in jeopardy by the attempt to pass a resolution for increasing the capital of the company by £250,000 preference shares at 4½ per cent., and authorising the directors to issue such shares to such persons as they deem fit, and without first offering them to existing members. The effect of this would be that these preference shares would be at once taken up, and all the profits of the company go towards paying the interest on them, and the poor shareholders be left in the lurch.

Of course I mean to attend the meeting, and will oppose anything of the kind to the very utmost.

Yours faithfully,

ONE OF THE LARGEST SHAREHOLDERS.

[The writer of the above is not only one of the largest, but one of the earliest shareholders in the company; and it is within our knowledge that he has ever taken a deep interest in the welfare of the tenants, as well as the general success of the company. He touches an important question.—ED.]

ANALYST'S REPORT.

LIMEHOUSE DISTRICT BOARD OF WORKS.

THIS Board met on the 10th inst. at the offices, White Horse Street, Stepney; Mr. W. Nathan in the chair.

ANALYST'S REPORT.—Dr. Rogers, as analyst, reported that during the quarter he had examined samples of bread, milk, arrow-root, butter, flour, quinine, etc. In one case of bread, alum to the extent of 25 grains in the 4lb. loaf was discovered, and a prosecution resulted in conviction.—Mr. Gowland: Is it a fact we have better butter in this neighbourhood than elsewhere?—The Chairman: If we may judge from this report, our tradespeople are exceedingly honest. ('Hear, hear,' and laughter.)—Mr. Hopson suggested that the analyst should take the hawkers of milk in hand.—The analyst said they refused to give a sample, saying that they had only enough for their customers. (Laughter.) As to the butters, he was quite sure they were pure; but he was equally sure that there was a great deal of bad butter being sold, only the inspectors did not get at it.—The Board adjourned.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

Good men do not always find grace and favour, lest they should be puffed up with turgent titles, grow insolent and proud.—*Chrysostom.*

Excess of grief for the deceased is madness, for it is an injury to the living, and the dead know it not.—*Xenophon.*

Every one that does an ill action is really out of his way, and misses his mark, though he may not know it.—*M. Antoninus.*

Hypocrites are a sort of creatures that God never made.—*Spanish Proverb.*

Little Ellie sits alone
'Mid the beeches of a meadow,
By a stream-side, on the grass,
And the trees are showering down
Doubles of their leaves in shadow,
On her shining face and hair.

She has thrown her bonnet by ;
And her feet she has been dipping
In the shallow water's flow—
Now she holds them nakedly
In her hands, all sleek and dripping,
While she rocketh to and fro.

Mrs. Browning.

If thou neglectest thy love to thy neighbour, in vain thou professest thy love to God ; for by thy love to God, thy love to thy neighbour is gotten ; and by thy love to thy neighbour, thy love to God is nourished.—*Quarles.*

There is no relish, methinks, in the possessing anything without a friend or partner ; nay, if wisdom itself were offered me, upon condition only of keeping it myself, I should undoubtedly refuse it.—*Seneca.*

Do ye hear the children weeping, O my brothers !
Ere the sorrow comes with years ?
They are leaning their young heads against their mothers,—
And that cannot stop their tears.
The young lambs are bleating in the meadows,
The young birds are chirping in the nest,
The young fawns are playing with the shadows,
The young flowers are blowing toward the west—
But the young, young children, O my brothers !
They are weeping bitterly !—
They are weeping in the playtime of the others,
In the country of the free.

Mrs. Browning.

Be not like the fools of the world, who must need have the glory of doing good, or some acknowledgment for it in return.—*M. Antoninus.*

He has a poor spirit who is not planted above petty wrongs.—*Owen Felltham.*

As small letters most tire the eyes, so do a number of little domestic ills the most disturb and vex us.—*Montaigne.*

One day Haroun Al Raschid read
A book wherein the poet said :
'Where are the kings, and where the rest
Of those who once the world possessed ?
They're gone with all the pomp and show,
They're gone the way that thou shalt go,
O thou who chooseth for thy share
The world, and what the world calls fair,
Take all that it can give or lend,
But know that death is at the end !'
Haroun Al Raschid bowed his head :
Tears fell upon the page he read.

Longfellow.

THE HOUSEWIFE'S CORNER.

ROASTING.

Roasting in the Pan.—Melt and heat one ounce of dripping in an iron pan. Brown all sides of the meat in this, so as to harden the outside and keep in the juices. Then draw the pan aside, and let the meat cook slowly with the lid on, basting it constantly. This way of roasting is especially suitable for small pieces of meat, and is economical because of the small quantity of fuel required.

Broiling.—Broiling is cooking over a hot clear fire on a gridiron. Place a thoroughly clean gridiron over the fire ; let it become quite hot, as the hot metal will help to harden the outside of the meat, and so keep in the juices ; rub the gridiron with suet to prevent the meat sticking to it. Place the meat on the hot gridiron, turn it continually, so as to let the inside of the meat cook slowly, and so remain tender. Be careful to put the fork into the fat or skin. If you pierce the lean, you will allow the juices to escape. If tongs are used, do not squeeze the meat. The length of time required depends chiefly on the thickness of the meat to be cooked. A separate gridiron should, if possible, be kept for fish. When the top of the fire cannot be used (as in close ranges), suspend a hanging gridiron in front of the fire with the meat between the two halves of the gridiron, which must be turned with the meat.—*School Cookery Book.*

COOKERY PROVERBS.

Cutlets and steaks may be fried as well as broiled, but they must be put in hot butter or lard. The grease is hot enough when it throws off a bluish smoke.

The water used in making bread must be tepid hot. If it is too hot, the loaf will be full of great holes.

To boil potatoes successfully : when the skin breaks pour off the water, and let them finish cooking in their own steam.

In making a crust of any kind, do not melt the lard in the flour. Melting will injure the crust.

In boiling dumplings of any kind, put them in the water one at a time. If they are put in together they will mix with each other.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates :—

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* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

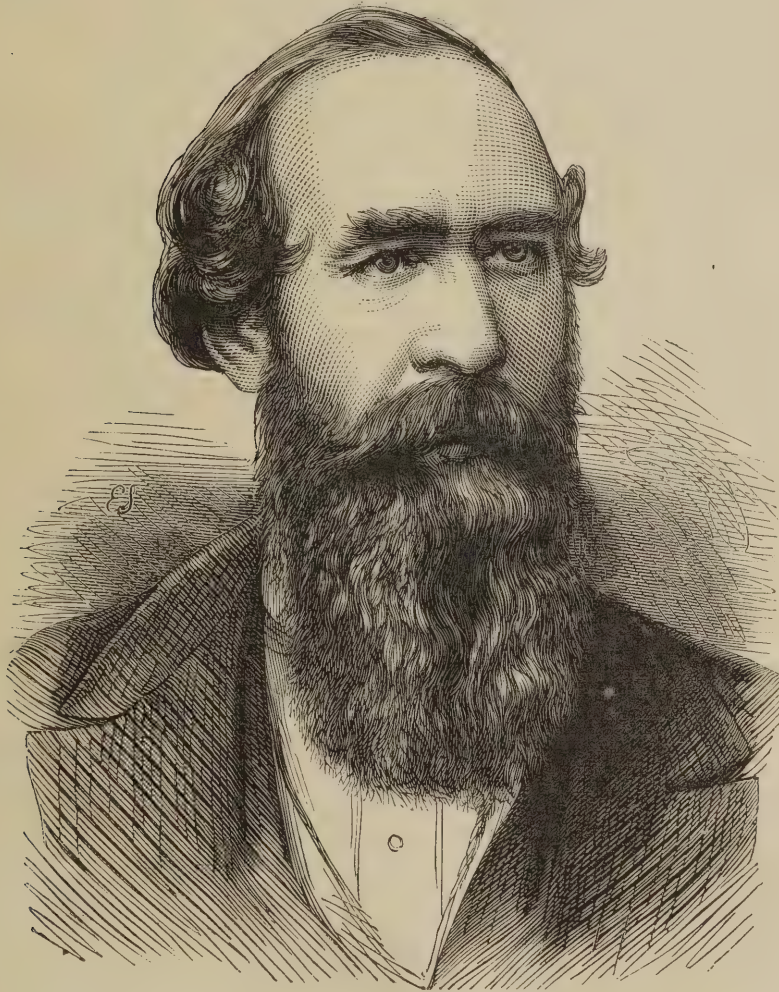
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 27, Vol. II.]

SATURDAY, JULY 26TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



DR. RALPH BARNES GRINDROD.

DISCUSSING

BUILDING SOCIETIES: DIETETICS: DOMESTIC

ENGLISHERS HOUSE IS HIS CASTLE

SATURDAY 10

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: JULY 26th, 1879.

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DOCTOR RALPH BARNES GRINDROD.

THE subject of our biographical sketch this week is one whose life and labours have been closely identified with hygienic and moral progress. Dr. Grindrod has not been conspicuous in politics, although, as a Conservative and friend of the advocates of education, he was on Mr. Pakington's committee, when a candidate for East Worcestershire. The great object of his life has been the extension of education and the progress of hygienic and moral reform. In him the working-classes have ever found a warm and devoted friend.

Dr. Grindrod's first public appointment was as one of the medical officers of the Chorlton-upon-Medlock Dispensary. In a district teeming with mills and factory hands he came in contact with various forms of disease, and thus enlarged his medical experience. In 1842, when he left Manchester, Sir James L. Bardsley, M.D., Physician to the Royal Infirmary, and President of the Manchester Medical Society (of which Dr. Grindrod was an early member), in a document expressing his opinion of the doctor's character and talents, added, 'I am also satisfied that the members of the profession in Manchester entertain, as a body, the same opinion of Dr. Grindrod's talents and character.'

Dr. Grindrod's first contribution to medical literature was a case of hydrophobia, published, with coloured drawings, in 'The Transactions of the Provincial Medical and Surgical Association,' now 'The British Medical Association.' He has since published numerous articles on 'Malaria,' 'The Physiological Influence of Alcohol,' and on a variety of hygienic and physiological subjects. The great work of Dr. Grindrod's life was the Prize Essay (one hundred sovereigns), 'Bacchus.' The premium was offered by the National Temperance Society, of which the late Earl Stanhope was the president. The noble earl took much interest in the work and its author. It is impossible to appreciate the influence of this Prize Essay. It was the first work of any importance in temperance literature. Numerous reviews were agreed that 'the researches of its author had been boundless.' It was not a mere essay on temperance, but a work of 500 or 600 double-column, closely printed pages, entering into and exhausting every view of the subject, individual and national, past and present. The book was written for a text-book. It was, in fact, a cyclopædia of temperance data, from

which details were drawn for hundreds of smaller publications. Dr. Guthrie, in his recent talented book, 'The Physiology of Temperance,' writes :

'Dr. Grindrod's singularly learned and exhaustive prize essay, 'Bacchus,' produced a profound impression, and still stands unsurpassed as a storehouse of miscellaneous temperance argument and illustration, which, as might be expected, is especially rich and copious on the chemical and physiological aspects of the question.'

The celebrated physician, Sir James Simpson, afterwards a warm friend of Dr. Grindrod, on one occasion said, 'When on my wedding tour, I only took one book with me to read in [my leisure moments—"Bacchus!"]' Certainly not a book, from its ponderous nature, likely to be often taken on a wedding tour.

The Prize Essay had a very large sale in the United States. It was edited by Dr. Charles A. Lee, Professor of Medicine, New York. At an early period, its issue in England reached more than 10,000 copies. In the 'People's Edition,' issued in 1851, Dr. Grindrod, in a prefatory notice, remarks, 'The author feels it proper to state that the entire proceeds of its past sale, including the premium awarded by the adjudicators, have been devoted to the extension of the principles which it seeks to inculcate.'

Early after 1840, Dr. Grindrod resigned a lucrative practice, in order to deliver throughout the kingdom a series of lectures on temperance and hygiene. The lectures were illustrated with a magnificent series of drawings, showing the effects of disease in contrast with the conditions of health. They were received in various parts of the kingdom with extraordinary interest. Thousands and tens of thousands of people signed the pledge—altogether the estimate has been made, including young persons, some 200,000. The clergy and medical men gave him large and earnest interest. Amongst other converts of Dr. Grindrod's lectures was one—then an operative joiner or carpenter—who subsequently became the founder of the most gigantic publishing house in the world, and certainly the most successful publisher of pure literature for the working-classes—*John Cassell.*

After some seven years' devotion to these lectures—which practically were gratuitous—Dr. Grindrod settled down in Malvern. We may observe that the lectures of the doctor were not confined to the subject of temperance, but comprehended the laws of health and the principles of sanitary science. He not only rescued drunkards, but advocated and assisted in establishing reading rooms, instruction classes, baths, coffee houses, and improved dwellings.

Other labours of Dr. Grindrod in early life were of equal importance. In his professional experience he came in contact with tradesmen, shop-assistants, dress-makers, and others who were suffering from close confinement and late hours. This led him to a more minute examination, and the result was the publication and extended circulation of two works—'The Wrongs of Our Youth,' and 'The Slaves of the Needle.' These essays contributed much to draw attention to a subject which involved the health and interests of millions, and unquestionably did more than any other work to promote a reasonable and national reform. Dr. Grindrod interested himself much in the Factory Legislation, and spoke on the same platform with Richard Ostler, the Factory King. His work 'The Wrongs of Our Youth' was dedicated in warm terms to Lord Ashley, now the Earl of Shaftesbury, in acknowledgment of his noble and patriotic efforts in behalf of factory operatives.

The exertions of Dr. Grindrod in Malvern during upwards of twenty years have been varied and unceasing. Indeed, they eventuated in a breakdown in health, from which now happily he has recovered, and apparently is equal to many years of useful and continued labour.

As a member of the Church of England he has not been a slug-

gard, supporting as he has done its various institutions. When he first settled in Malvern he was the vicar's churchwarden, and during two years and more, in connection with his late friend Sir Gilbert Scott, devoted much time to the restoration of the noble Priory Church.

He was also the founder of 'The Malvern Working Men's Institute,' which during twenty years exercised an important influence on the working classes, through the agency of classes, lectures, and other means of instruction. A prize gift, every year, given to a member of the working classes, was one year won by a young member of the institute, who from that time began a career of self-improvement which ended in eminent success. He is now a painter of some fame, whose pictures this year are on the walls of the Royal Academy, and, if report be true, is realising a large and deserved income. Cases as the one just mentioned, and that of John Cassell, the educator of the working classes, are rewards for benevolent exertion.

Among the labours of the doctor was a society and library for cabmen and the donkey-boys. Classes of instruction, conducted by Mrs. Grindrod, were for several years formed for the latter, and both the cabmen and donkey-boys had an annual feast, on which occasion the vicar for the time being presided, and gifts were distributed.

Dr. Grindrod's large winter promenade has been the scene of many social and scientific gatherings. In it was held the first associated gathering of the Worcestershire Educational Institutes, in 1861, when a number of noblemen and gentlemen met together to promote the cause of education. Among these was the Honble. J. S. Pakington, the leading spirit in this movement, and his father, Lord Hampton, together with Earl Beauchamp, Lady Emily Foley, Lord Lyttelton, Sir Edmund Lechmere, M.P., and others.

Years afterwards Dr. Grindrod gave a reception to the members of 'The British Association for the Promotion of Science.' Several hundreds assembled on this occasion, which was associated with an exhibition of objects of science and natural history. The English Counties Chess Club held their congress in 1871 and again in 1872 in Dr. Grindrod's promenade, and received a hospitable welcome. Lord Lyttelton, the Lord-Lieutenant of the county, a warm friend of the doctor's, president of the club, and the members, left behind them a memorial of their esteem with an appropriate inscription.

Dr. Grindrod is the possessor of a magnificent geological collection illustrative of Silurian geology. Sir Roderick Murchison, the great writer on this portion of geological science, was one of the doctor's friends, as also was the geological mentor, Sedgewick, of Cambridge. The collection of trilobites in the museum is acknowledged to be the finest in the world. The museum, with books and maps, is open to all students. The various natural history societies and field clubs from time to time visit this museum, and always receive not merely a welcome, but a hospitable reception. Among these we may mention the Geologists Association of London, the Societies of Field Clubs of Bristol, Cheltenham, Hereford, Dudley, Worcester, Bath, and other counties and towns. Dr. Grindrod has several times tried the experiment of opening his museum to working men, sometimes in the form of a *soirée*, with exhibitions of objects of scientific interest, and also with brief lectures or expositions. Not long ago Professor Rolleston, of Oxford, at the doctor's request, gave an eloquent lecture to a class of working men who paid a visit of this kind from Kidderminster. The masons of Worcestershire (Dr. Grindrod is one of this numerous and influential body) held their grand lodge at Townshend House on more than one occasion. During one of these masonic assemblies a social and scientific *conversazione* was held, to which the ladies were admitted.

Although we have largely exceeded the space usually devoted to these biographical sketches, we have by no means exhausted the subject, for it is difficult to compress the leading incidents of an active life into one or two columns. Dr. Grindrod, we may add, is a physician. He has received the honorary degree of LL.D. He is a Fellow of the Linnæan, Royal Geographical, Royal Historical, and Geological Societies, and also of the Medical Society of London. Archbishop Sumner, the then Archbishop of Canterbury,

as a mark of personal respect and approbation of public services, conferred on the doctor a high and honorary degree. He has received various literary and medical honours from abroad. His works on the History of Malvern, and 'Malvern, its Claims as a Health Resort,' are local standard publications. Though, as the result of his public efforts, he is a poor man in a pecuniary sense—he is rich in the sense that he has done much to benefit the working-classes and to extend the range of human knowledge.

PHRENOLOGICAL SKETCH OF DR. GRINDROD.

BY PROFESSOR S. E. O'DELL.*

MORAL power is denoted here, as the power in ascendancy.

No doubt there are many other powers—some strong and some weak, but moral power, being the strongest, rules, controls, and directs all the minor abilities and attributes of the mind.

With moral power there is here denoted moral courage; and these two are but too often separated one from the other. There are men with moral intuition, moral knowledge; wishes, and desires of the most exalted moral nature, yet very much lacking in moral courage.

Such may see wrong, injustice, vice, crime—pass judgment on it, may lament over it, but are deficient in the courage required to assail or try and eradicate it.

Here is the courage which is required to take arms even against a sea of difficulties—to oppose with stern brow and unflinching front; not alone to wear the weapon, but to use it; not alone, like many, to look on at the battle and strife, and be satisfied with wishing well, and applauding the fighting army; but, like a good soldier, he will do his share, and more, in the fight.

Here is the courage required to rally round the wounded and dying comrade, and strengthen him again for the battle.

Take men of this stamp away, and moral power will soon totter, its colours be hauled down, its sceptre broken, and its throne degraded by conquering vice. And even as it is, notwithstanding many an onslaught and well won battle, and though the enemy's country has been fought for inch by inch, and inch by inch has been conquered in the cause of 'moral power,' by many true and noble knights, such as we have before us, and place here as an illustration of a power, the highest, most exalted, and ennobling, yet to-day, basking in the sunshine of civilization, Vice, the arch enemy of moral power, is taking the place of Virtue—bowed down to with a homage that should stimulate all moral-minded men to the courage required for great, and even giant deeds.

There is no mere passive morality here, but moral determination, energy, firmness.

He will not be satisfied with a mere routine of duty, and lay him down to rest, and wear his laurels in contentment. There can be no such feeling here as long as work is to be done; and were he to live to be older than the oldest, he still would contend for the 'right,' if he even could only with his body build a rampart against the enemy's progress.

Build high your monuments to commemorate deeds and actions in the tented field. Let poets sing and sculptors carve into the pure and spotless marble. The monuments of good deeds, of battles won, of slaves—slaves of vice—set at liberty, the deeds done for the purpose of establishing what should be the universal monarchy of moral power, need neither art nor genius to commemorate.

For such work is lasting, and when marble and bronze fade, and even pyramids decay, and time itself is no more, eternity will emblazon such deeds as are executed under the guidance and rule of moral power.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

The thanks of the shareholders are again due to you for your prompt and timely interposition in behalf of their interests.

But, although two points for which you contended last week are conceded, we cannot congratulate ourselves as shareholders on the extraordinary course the directors have taken in appealing for proxies to support their proposed alterations of the articles. If these proxies are used in the face of the clearly expressed wish of the shareholders at the meeting, it will be our duty to take any further steps open to us to reverse a decision arrived at by such questionable if not unwarrantable means.

I for one, and I know many other shareholders are with me in this respect, shall look with eagerness to what you may have to say upon the new articles. Thanking you for your continued interest in the Company,

I am, yours, etc.,

A MODERATE SHAREHOLDER.

THE DANGEROUS PROPOSALS OF THE DIRECTORS.

LAST week we called attention to an extraordinary general meeting of this company, originally summoned for Monday, the 21st, but now called for Wednesday next, the 30th inst. The importance of the business to be laid before the meeting is our reason for recurring again to the subject.

It is proposed by the directors to substitute new articles of association for the existing ones; and originally, they merely issued a circular convening the meeting, announcing that the new articles could be seen at or obtained from the offices of the company on application. We animadverted on this procedure last week, and intimated that the articles ought to be sent out to all shareholders, and that sufficient time should also be allowed for the shareholders themselves to suggest further amendments.

As we wrote thus, however, we were in blissful ignorance of the intention of the directors in altering the articles. We expected that the alterations would be in the interests of the shareholders, to increase their powers, and augment their control over their own property. For some years we have heard opinions expressed by gentlemen who lead the present management as to the dangerous nature of the present articles—*dangerous chiefly because they give the directors too much power*. But these gentlemen were then in opposition, and that, it seems, makes all the difference, whether in governing an empire or in managing a company.

Some suggestions made by us last week have been acted upon: the proposed Preference Shares are to be offered to existing shareholders, and the new articles have been sent out to the shareholders; but a comparison of the document with the present articles displays such important constitutional changes, that it is clear the directors are desirous that the shareholders should 'take a leap in the dark.' As a matter of fact, not more than one shareholder in ten has ever seen, much less perused, the articles of association; and if the directors were sincerely desirous of giving them full information as to the proposed changes, they would not only issue the new draft articles, but these would be accompanied by a synopsis, setting out the principal changes, and explaining the effect of them. As this has not been done by the Board, we feel the duty imposed on us to indicate to the shareholders the nature of the proposed changes; and it will be for them either to accept or reject a scheme, the chief characteristic of which is a DIMINUTION OF THEIR POWER, AND AN INCREASE OF THAT OF THE DIRECTORS. Consequently the proposal is one dangerous to the best interests of the company, and as such it should be resisted by the shareholders to the bitter end. Neither our space nor time will permit us to present an exhaustive analysis of the constitutional alterations proposed; we will, however, select a few of the more important, as examples.

I.—THE ISSUE OF SHARES AND THE AMOUNT OF CALLS.

In the existing articles it is clearly stated how a share is to be applied for, the amount of money to be paid on application, and on allotment, and the amount the directors may call at any one time. In the new articles no regulations are imposed as to the issue of shares, and the directors may make whatever calls they choose—a dangerous power to cede to the Board.

II.—TRANSFER OF SHARES.

It is desirable, in the interests of shareholders, that no obstacles should be placed in the way of the freest possible transfer of shares. Restrictions and limitations here *can only operate in one way*, and that is to reduce the value of the shares by making them an unmarketable article. The greatest facility of transfer should be afforded, and the fullest information as to the method should be given, especially to shareholders in this Company, who are very largely clergymen, and ladies who are unfamiliar with business. The form of transfer given in the old articles—about which there could be no dispute, and to which there can be no objection—is omitted altogether; and in place of it, it is laid down that the instrument of transfer 'shall be in such form as the board may approve.' But why not save trouble by giving the form? Under this proposed formula *a quibble can be raised by the board on any form submitted*; and a shareholder may in this way be exposed to endless annoyance, and his property depreciated in value. *But this is not the worst*, for after quibbling for weeks upon the 'instrument of transfer,' the directors may, if their proposals are carried, object to the transferee *on personal grounds*: for—and it seems incredible that a *board of gentlemen* should attempt to invest themselves with such a power—'the DIRECTORS MAY DECLINE to register any transfer of shares MADE BY A MEMBER TO ANY PERSON NOT APPROVED BY THEM.' The Company needs directors who will busy themselves personally with its management, rather than those who prefer to sit in judgment upon the fitness or unfitness of a proposed shareholder. Having reached this point, we shall be astonished at nothing; but the board might as well have pushed their plan of rendering the Company 'a nice little family party' to a logical issue, by asking for power to pay out all shareholders who are in the habit of putting awkward questions at annual meetings.

III.—POWER OF THE SHAREHOLDERS TO CALL EXTRAORDINARY MEETINGS.

The gentlemen who owe their seats to the results of an extraordinary meeting are now attempting to make it more difficult in future to call extraordinary meetings. Under the old articles any 10 shareholders holding 100 shares in the Company could convene such a meeting; but the present board would confer that power only on 10 shareholders holding 300 *fully paid up* shares in the Company.

IV.—PROXIES.

The directors propose that a proxy shall be deposited at the Registered Offices of the Company 48 hours, instead of 24 according to the old articles, before the 'time for holding any meeting.' By this they make it almost impossible for independent shareholders to issue an appeal and obtain proxies in the limited time available. When only seven days' notice of a meeting is given, 24 hours is everything, and no one knows this better than the present board does.

V.—DATE OF ANNUAL MEETING.

We say most deliberately that there is now no reason why the meetings should not be held early in February each year. The plan of valuations is abandoned. We have heard over and over again that the system of book-keeping, improved by the secretary *pro tem.*, has been perfected by the present secretary; and, consequently, there is no reason why the meeting should not be held very early in the year. The old board were complained of by members of the existing board on this very point, but now we find a proposition to permit the directors to postpone the meeting until the end of April. We *know* that these late meetings very seriously inconvenience large numbers of shareholders who are dependent on their dividends.

VI.—NO PROVISION FOR FUTURE REVISION OF ARTICLES OR FOR INSPECTION OF BOOKS BY SHAREHOLDERS.

We call attention to the omission of any provision for altering, repealing, or amending the articles in future. This indicates that we have arrived at the point of finality, in respect of articles of association. Neither is there any provision for the inspection of books by the shareholders.

IMPROVEMENTS WHICH MIGHT HAVE BEEN INTRODUCED WITH ADVANTAGE.

We have, we trust, said sufficient to rouse the shareholders to the dangers impending. It is with regret that we find in no single instance is any concession made to the shareholders. Most of the alterations are in the direction of putting more power into the hands of the board. Now that the articles are about to be revised, *shareholders should insist upon the following alterations*: (1) The notice of meeting should be extended; (2) notice of nomination of new candidate as director should be reduced, so as to make it possible for a member to nominate a candidate *after he has received the notice of meeting*; (3) it should be made possible for the shareholders to remove an *obnoxious director* (at present this is not so, as a resolution is required to be passed by two-thirds of the members holding two-thirds of the capital of the Company—such unanimity can never be expected on any question); (4) the auditors should be made more independent of the board, by being paid by the shareholders who appoint them, and whose only protection they are from *malfesance* on the part of the directors; (5) not merely the share-register, but all the books of the Company should be open to the inspection of the shareholders.

NOTICES OF POSTPONED MEETING AND PROXIES.

We write this on Tuesday evening, but up to the present time we have received no notice of the postponement of the meeting. A shareholder, however, has forwarded us two circulars, one dated the 16th and the other the 15th inst. The first gives the resolutions to be submitted to the meeting, and the second, after giving the reasons for amending the articles, appeals to the shareholders for their proxies. We have only to say that we know no parallel case in which proxies have been employed. The propositions are, as we have stated, mainly in the direction of increasing the power of the board; and it is almost incredible that gentlemen should appeal to absent shareholders, especially as the issue has not been clearly placed before them. We repeat the opinions expressed elsewhere, that 'the system of precluding discussion and settling the matters in dispute by the silent vote of absent shareholders, who are necessarily unable fully to judge of the merits of the case, is at all times most unsatisfactory'; but on an occasion of this sort, when the points at issue are complex, it appears especially desirable that the question should be left to the decision of those shareholders who will be present. Under all the circumstances of the case, we urgently recommend shareholders who have already signed proxies to revoke them without delay by writing to the office; and, if possible, to attend the meeting personally on Wednesday next.

THE ARTIZANS' DWELLINGS ACT (1875).

CHELSEA VESTRY.

At the usual weekly meeting of this vestry held on Thursday the 17th inst., Mr. E. Kingsbury in the chair, the letter of Sir Charles Dilke, M.P., on the subject of the above Act [given by us last week], which was referred to the Committee of Works, was considered, Mr. Wheeler moving, 'That in the opinion of this vestry the enormous cost in carrying out the Artizans' and Labourers' Dwellings Act, 1875, renders it absolutely necessary that its operations should be suspended, and that a modification of the measure in the interest of the ratepayers should be forthwith submitted to Parliament.' He stated that if all the schemes in hand were carried out, the cost to the metropolitan ratepayers would be between two and three millions.—The chairman hoped the vestries would act energetically to prevent such a sacrifice of money.—The motion was carried, and the Board adjourned.

THE VICTORIA DWELLINGS COMPANY.

At a meeting of this Association, of which Mr. John Walter, M.P., is chairman, held at Westminster Chambers, last week, it was determined to erect forthwith another large range of model dwellings, in continuation of the Beaconsfield Buildings opened by Mr. Cross last month. Amongst other large applications for shares was one for £10,000 by the Right Hon. W. H. Smith, the First Lord of the Admiralty.

DIETETICS.

FOOD AND FEEDING.*

By SIR HENRY THOMPSON.

(Continued from page 29.)

DINNERS are of two kinds—the ordinary meal of the family, and the dinner to which guests are invited. There is a third dinner in this country, of common—too common—occurrence, viz., the public dinner, which is essentially a British institution, and cannot be passed by in silence.

The late dinner should never include children. It is a meal which is in every way unsuited to them; and they are quite unfitted to take part in its functions; besides, the four-meal system is better adapted to their requirements of growth and digestion in early life. A family dinner may usually consist of a soup, fish, *entrée*, roast and sweet; the *entrée* may even be omitted; on the other hand, if the meal is required to be more substantial, a joint may be served in addition after the fish; but this should be very rarely necessary. A dish of vegetables may be advantageously placed before or after the roast, according to circumstances; and supplementary vegetables should be always at hand.

No doubt the large dinner has greatly improved of late; but it has by no means universally arrived at perfection. Only a few years ago excellence in quality and good taste in cuisine were often sacrificed in the endeavour to make a profuse display. Hence, abundance without reason, and combinations without judgment, were found coexisting with complete indifference to comfort in the matters of draughts, ventilation, temperature, and consumption of time.

* These extracts are taken from valuable articles contributed by Sir Henry Thompson to the *Nineteenth Century* for June and July, 1879. The articles should be read by our readers in their entirety.

And the large private dinner is still generally too long, the menu too pretentious. Let me, however, be permitted to record, equally in proof of growing taste and as grateful personal duty, how many admirable exceptions to the prevailing custom are now afforded. Then, of course, it must be understood, that while the dinner for six or eight persons is designed as a harmonious whole of few, well-chosen dishes, all of which are intended to be eaten in their order, the menu of the larger party must offer various dishes for choice to meet the differing tastes of more numerous guests, and it must therefore be larger.

I do not admit the charge sometimes intimated, although delicately, by foreigners, of a too-obvious proclivity to self-indulgence on the part of Englishmen, in permitting the ladies to leave the table without escort to the drawing-room. The old custom of staying half an hour, or even an hour afterwards, to drink wine, which is doubtless a remnant of barbarism, has long been considered indefensible. Still, the separation of the party into two portions for fifteen or twenty minutes is useful to both, and leads perhaps more completely to a general mixture of elements on reunion after than is attained by the return of the original pairs together. Whether this be so or not, the ladies have a short interval for the interchange of hearsays and ideas relative to matters chiefly concerning their special interests; while the men enjoy that indispensable finish to a good dinner, an irreproachable cup of coffee and a cigarette, and the sooner they arrive the better. With the small dinners of men it can scarcely too quickly follow the last service.

And this leads us to the question—and an important one it is—of the wine.

I have already said that, among all civilised nations, wine in some form has for centuries been highly appreciated as a gastronomic accompaniment to food. I cannot, and do not attempt to deny it this position. Whether such employment of it is advantageous from a dietetic or physiological point of view is altogether another question. I am of opinion that the *habitual* use of the wine, beer, or spirits is a dietetic error, say, for nineteen persons out of twenty. In other words, the great majority of the people, at any age, or of either sex, will enjoy better health, both of body and mind, and will live longer, without any alcoholic drinks whatever, than with habitual indulgence in their use, even although such use be what is popularly understood as moderate. But I do not aver that any particular harm results from the habit of now and then enjoying a glass of really fine pure wine—and, rare as this is, I do not think any other is worth consuming—just as one may occasionally enjoy a particularly choice dish; neither the one nor the other, perhaps, being sufficiently innocuous or digestible for frequent, much less for habitual use. Then I frankly admit that there are some persons—in the aggregate not a few—who may take small quantities of genuine light wine or beer, with very little if any appreciable injury. For these persons such drinks may be put in the categories of luxuries permissible within certain limits or conditions; and of such luxuries let tobacco-smoking be another example. No one probably is any better for tobacco; and some people are undoubtedly injured by it; while others find it absolutely poisonous, and cannot inhale even a small quantity of the smoke without instantly feeling sick or ill. And some few indulge the moderate use of tobacco all their lives without any evil effects, at all events that are perceptible to themselves or to others.

Briefly: the rule, by general gastronomic consent, for those who indulge in the luxury of wine, is to offer a glass of light pale sherry or dry Sauterne after soup; a delicate Rhine wine, if required, after fish; a glass of Bordeaux with the joint of mutton; the same, or champagne—dry, but with some true vinous character in it, and not the tasteless spirit and water just now enjoying an evanescent popularity—during the *entrées*; the best red wine in the cellar, Bordeaux or Burgundy, with the grouse or other roast game; and—but this ought to suffice, even for that exceptional individual who is supposed to be little if at all injured by ‘moderate’ potations. With the ice or dessert, a glass of full-flavoured but matured champagne, or a liqueur, may be served; *but at this point dietetic admonitions are out of place, and we have already sacrificed to luxury.* The value of a cigarette at this moment is that with the first whiff of its fragrance the palate ceases to demand either food or wine. After smoke the power to appreciate good wine is lost, and no judicious host cares to open a fresh bottle from his best bin for the smoker, nor will the former be blamed by any man for a disinclination to do so.

(To be continued.)



HYGIENE.

THE SANITARY INSTITUTE OF GREAT BRITAIN.

THE anniversary meeting of this institute was held on Thursday the 10th inst. within the theatre of the Royal Institution, Albemarle Street. THE DUKE OF NORTHUMBERLAND (the president) occupied the chair.

THE CHAIRMAN, in opening the proceedings, said on that occasion they were met to give prizes and certificates to those who had been successful with their inventions at the Stafford Exhibition last year, that being the second distribution only, and also for the purpose of hearing an address from Professor Symons. It afforded very great satisfaction to him when he saw how many had contended to produce sanitary improvements, which could not fail to assist in promoting the national health. There was one special prize, a gold medal, which had been awarded for Griffiths's patent white, of which he had the pleasure of saying it was the greatest invention ever produced for preventing the dreadful suffering caused by the use of lead paints. (Hear, hear).

His Grace then proceeded to distribute the medals as follows: The Silicate Paint Company, for Griffiths's patent white; ditto (bronze medal), for their preparations of silicate paint, enamel paint, and petrifying liquid; Messrs. Pocock Brothers for universal invalid tubular water and air beds; Messrs. Billing and Co., apparatus for cooking by gas; Messrs. S. Leoni and Co., apparatus for ditto; Messrs. A. Doulton and Co., for Stanford's patent joints for stoneware pipes; for Moule's patent earth closets; Major F. Duncan, R.A., Woolwich, ambulance wheeled litter; Sanitary Appliance Company, Salford, portable cinder-sifting ash-closet with soil-pail; Mr. G. E. Pritchett, economic hollow flooring; and Messrs. Hassell and Singleton, Birmingham, Phoenix portable range, with reducible fire, without gas.

Following the medals, came the distribution of about twenty certificates; and at the conclusion of the ceremony the Duke of Northumberland vacated the chair, which was occupied for the remainder of the time by Dr. B. W. Richardson.

Professor SYMONS then proceeded to deliver an address on the subject of ‘Water Economy.’ He said that some people

regarded economy as almost synonymous with parsimony, but the true meaning of the word was, to his mind, judicious management. After comparing the mean rainfall in various parts of England during an aggregation of time, he said that years ago a terrible picture was drawn of hard water in the publications of the Board of Health, but Londoners had continued to drink it for thirty years, and were, he believed, longer lived now than they were. Sheep-washing sounded a very trivial matter, but the recent terrible evidence of widespread disease and death in the district of a water company near London had afforded proof as to the fatal effects of so infinitely small a portion of organic matter as to make one almost shudder at the sight of a glass of water. The steady increase in the population was yearly rendering it more difficult to ensure the purity of river water, and, notwithstanding fresh Acts for river conservancy were passed, the silvery Thames remained a poetical fiction rather than a present fact. One great obstacle to all progress in the improvement of our rivers was the enormous number of conflicting interests concerned, and the muddle in which the whole water question was placed could not be surprised at when there was no Government hydraulic department, and that the little knowledge the Government had was spread about, wasted, and frittered away. Then, again, in Parliamentary Committees it was the fashion rather to consider private interests than the public good. The epitome of his review was as follows: '1. The quantity of rain falling could not be increased. 2. The population was doubling about every twenty-five years. 3. The larger the population the more water would be fouled. 4. There would, therefore, be less clean water in future years, and yet there would be two, three, or four times the population even within a century. 5. Entirely new arrangements would, therefore, be necessary. 6. It would be much better if the entire administration of streams was under a single direction, which should see to all questions of drainage, sewerage, [canalisation, motive power, and water supply. 7. Such new works as were required promptly should only be authorised subject to their reverting to Government in fifty or a hundred years. 8. All other hydraulic works should be undertaken, or at all events supervised by a Government department, so as to ensure the greatest possible public benefit, and not merely that of an individual town. 9. Those objects would be best attained, and a very large national saving effected, by gradually organising an hydraulic department, resembling, as much as possible that of the Ponts et Chaussées, with a training school, fitted with laboratories, etc., like that at Paris.' He concluded by saying that surely a Government, which, when it came into power, spoke strongly in favour of sanitary progress, would not ignore a request which was small, which had the support of almost all who had given thought to the subject, which was of great importance to the nation at large, and which exactly accorded with the programme wherewith they went into office. The Ecclesiastical Commissioners and the Charity Commissioners were undoubtedly useful bodies. Did any one doubt the Water Commissioners would be equally useful?

Mr. CHADWICK, C.B., agreed with the reader of the paper that further legislation was required upon the subject in order to ensure the proper utilisation of water, and that the formation of a hydrographical department was also highly desirable. He moved a vote of thanks to Mr. Symons for his valuable contribution to the literature of the water question, and Mr. Palmer, M.P., seconded the resolution.

Dr. B. W. RICHARDSON (who presided over the later portion of the proceedings) also spoke in terms of commendation with regard to the ability and research displayed by Mr. Symons in the compilation of his paper, and the vote having been passed, the proceedings terminated.

In the evening the members of the institute dined together at the Grosvenor Restaurant. Dr. B. W. Richardson, F.R.S., occupied the chair, and was supported by Earl Fortescue, Sir

Antonio Brady, Mr. G. Palmer, M.P., Major M'Coy (the secretary) Dr. Bartlett, Dr. Bennett, Dr. Corfield, Dr. A. Carpenter, Professor Charles Joly, Professor Yardell, Mr. Thomas Griffiths, Mr. W. Eassie, Mr. E. F. G. Griffiths, Mr. G. Moseley, Mr. G. J. Symons, and Mr. E. Turner.

The CHAIRMAN proposed, in eloquent and appropriate terms, the loyal toasts, and also 'The Army and Navy.'

Major M'Coy, in responding for the latter toast, referred to the acts of chivalry performed in the Afghan and Zulu wars, as deeds which had never been surpassed, although one instance had occurred which had plunged a noble lady, and indeed the whole country, into deep grief.

Mr. BROWNING also acknowledged the toast for the Navy.

In giving 'The Houses of Parliament,' Dr. RICHARDSON extended a hearty welcome to two of the latest members of the institute, Earl Fortescue and Mr. Palmer, M.P.

EARL FORTESCUE responded for the House of Lords, and expressed the pleasure he had felt in 1848 in being associated with the introduction of the first Public Health Act, a measure in many respects superior, as he thought, to most of the statutes which had supplemented it. It was sad, however, to think that 25 years after the passing of the act so little diminution in the death rate had taken place, inasmuch as the rate of $24\frac{1}{2}$ per 1,000 in all England in 1848 had been only reduced to that of $22\frac{1}{2}$ by the year 1873. Still he saw that by 1877 a marked improvement had taken place, for in that year the rate for all England had, by the Registrar-General's return, been brought as low as $20\frac{1}{2}$, while the rate of mortality in the urban districts was but 22, as compared with 29 per 1,000 in 1848, and that of the rural districts was 18, as against 21 prior to the passing of the act. He rejoiced to observe that the farmers throughout the county were now more willing to introduce sanitary reforms upon their lands than had been formerly the case.

Mr. G. PALMER, M.P., replied for the House of Commons, and said that he thought that in committees appointed to sit on the water question the public interest was not sufficiently represented.

The CHAIRMAN, in proposing the toast of the evening, 'Prosperity to the Sanitary Institute,' said that they at the present time required all the assistance that could be given to them because of a new labour which had been undertaken in connection with the institute. They were about to supplement their examinational system by an educational scheme which in some respects, but in a more humble way, would resemble the Scotch colleges, and he trusted they would soon see established a perfect scheme of education in connection with sanitary science. He asked them to work vigorously on behalf of the Institute, and with one heart and mind.

Sir ANTONIO BRADY next gave 'The Health of the Visitors,' and read a telegram from Mr. Chadwick, C.B., in which he spoke in the highest terms of the labours of Mr. Joly, one of the guests, whose name was associated with the toast.

M. CHARLES JOLY and Professor YARDELL, from the United States, responded.

Dr. CORFIELD gave the toast of 'The Successful Exhibitors,' coupled with the name of Mr. Thomas Griffiths, who had that day been awarded a special medal for an exhibit of pre-eminent merit, one of which he (Dr. Corfield) believed was calculated to prevent many of those evils which were now produced by the use of lead in the manufacture of paints.

Mr. GRIFFITHS, in acknowledging the compliment, expressed the gratification he felt in receiving such a special token of merit from the institute. He was glad to say that his endeavours to produce a complete substitute for the pernicious white and red leads used so universally in houses and ships had been fully appreciated not only by the English, but by foreign Governments, and their demands for it showed that they were quite alive to the advantages of sanitary reform, especially if it was combined with economy. The oxy-sulphide of zinc, or, as it was generally known, 'Griffiths's Patent White,' was

capable of doing even more work than the poisonous carbonates of lead, as it would not only be produced at a cheaper price per ton, but at the same time it had a covering power or 'body' of more than double that of carbonate of lead or oxide of zinc. Consumers therefore were not sacrificing economy to the cause of sanitation by the use of this paint, and he, in introducing it to the public, had felt that it was no use to produce a sanitary pigment to supersede lead unless it was one that would do all that carbonate of lead could possibly effect. He had felt deeply flattered too by the remarks of the Duke of Northumberland, who, on presenting the medal to him, had stated that this new white 'was the greatest invention ever produced for the prevention of the dreadful suffering caused by the use of lead paints.' In thanking the institute also for the other medal awarded to his firm for the silicate and other sanitary paints he had introduced, he would assure its members that the Silicate Paint Company would continue to do all in its power to supplant lead pigments by the production of non-poisonous paints; and to show that it was in earnest he would mention that £25,000 had been already spent in the erection of new paint works on the banks of the Thames—works that were now producing 100 tons per week of purely sanitary paints, which he trusted would do much to diminish the suffering daily caused by the use of salts of lead, arsenical and other poisonous pigments.

Earl FORTESCUE proposed the 'Health of the Chairman,' and the proceedings soon afterward terminated.



THE SANITARY CONDITION OF HOUSES.

In a correspondence which has taken place between the Right Hon. James Stansfeld, M.P., and Mr. C. N. Cresswell, the latter gentleman proposes, for the benefit of the public health, that a 'Sanitary Inspection and Classification Department' be organised in connection with the Sanitary Section of the Council of the Society of Arts. He proposes that, in the same way that Lloyds issue certificates to show that ships are seaworthy, so this society should grant certificates certifying to the proper construction of houses and to their sanitary condition.

He proposes that surveyors should be appointed in the metropolis and in the provinces to inspect and supervise the sanitary condition of houses, both during their construction and when under repair, and that certificates should be granted according to the degree of sanitary completeness attained. The conditions and degree of classification are to be determined by a code of sanitary regulations, to be framed by the committee and sanctioned by a conference of architects, sanitary engineers, and contractors. The institution should be self-supporting by means of fees, to be paid both for inspection during construction or repairs and upon delivery of the certificate of classification. The idea is certainly good if only it can be carried out, and there is no doubt that something of the sort is becoming almost necessary to insure our houses, especially in London, being 'health-worthy' and really fit for habitation. Few are really perfect, and many are in a most defective state with respect to their drains, ventilation, and water-supply—the three most essential points to be considered in taking a house. 'It is,' to quote the words of Mr. Simon, the medical officer to the Privy Council, 'to cleanliness, ventilation, drainage, and the use of perfectly pure drinking water that populations ought mainly to look for safety against nuisance and infection.'

THE CURE OF DISEASE.

WHAT will cure my disease? or what will ease my pains? are very common questions. What is the cause of my disease? is a less common question, but not a less important one. In the first place, What is disease? When some organ of the body is unable from some cause or other to properly perform its functions, a sense of uneasiness or discomfort is felt, and this feeling is what we generally call disease. Disease arises either from an injury to the structure of some organ, or organs, of the body, or from a derangement in their functions. Health is the opposite to disease; it is what we all want, and it is what we all should possess; and generally speaking, so long as we keep ourselves in a healthy condition, we possess this great blessing. A practical knowledge therefore of the conditions of health, and of the circumstances which induce disease, as well as of the way to remove disease, is the great need of the people. We have to pay the penalty for ignorance, or wilful violation of sanitary laws. When wrong is done evil is sure to follow. There is not much doubt that thousands of deaths annually occur in our midst, which might be prevented by proper precautions; and the common everyday ailments, such as sick headache, the horrors of heartburn and dyspepsia, the tortures of liver complaints, and the miseries of a debilitated constitution, are every day penalties which we have to pay, either for excess of some kind, or from neglect of some physiological law. I do not assert that it is within the power of individuals to remedy, or entirely cure, original weakness, or deficiency, but it is true that by knowledge and care we can do much for the preservation of health and prolongation of life in ordinary circumstances. I know that much has already been stated in previous numbers of *House and Home* relative to health, but it does not do to be silent for any length of time on this important subject, for it needs constant dinning into people's ears to make them understand the importance of pure air, good food, cleanliness, healthy exercise, and regular habits, and these are all things we must observe, if we wish to be well and keep well; but such is the ignorance of most of us in reference to the laws of our being, that we are constantly doing something calculated to injure our health. It is one of our most important duties to endeavour to preserve our health, for disease disables us from discharging other duties, and renders us weak and miserable. We ignorantly or wilfully forsake the habits which nature has allotted to us, disregard her tokens, deride her counsels, break her laws, overleap her boundaries, and then, when we have to pay the penalty for our frolic, we wonder what is the matter, and why we are suffering; and we then seek a cure in some medicine. But it is useless to resort to medicine for a permanent cure; for remember that disease is the consequence of a departure from physiological law, and to cure it we must return in obedience to those laws which we have violated. All the quack medicines which your baker, the carpenter, or the bricklayer will recommend you, will be of no avail until you observe Nature's laws. Drugs and medicines are not what we want, and though they sometimes give temporary relief, I again repeat that it is utterly impossible for them to effect a real cure, unless the body is placed in the condition of cure. If you would escape or cure disease, let those great physicians, pure air and pure water, have free admittance

in and around your body, and let your food consist chiefly of the kindly fruits of the earth. Yet persons sometimes wrongfully say these good things are injurious. The fresh air, they say, gives them cold, water gives them stomach-ache, and the delicious fruits cause diarrhoea. But it is those persons who live so much in confined rooms that readily take cold when a little fresh air blows upon them. The stomach of one who cannot take the natural drink, water, without suffering, must be in a bad condition indeed; and the kindly fruits of the earth disagree only with the riotous eaters of flesh and wine-drinkers. Why is there so much disease, and so much misery? It is because people place themselves in unnatural conditions; it is because they have done what they ought not to have done, or left undone what they ought to have done. Discomfort and pain are after all friendly warnings, telling us that there is something wrong in and around our bodies which requires to be set right, not by taking a dose of salts, but by placing the body in a natural and healthful condition.

Breathe the air that's pure and sweet,
Take food alone that's fit to eat,
The body keep both clean and active,
But don't forget that rest is wanted.
Do this, you'll then avoid the pills
That are supposed to cure all ills;
Prevent disease, for it's better far
Than cure, that does our pleasure mar.

R. SHIPMAN.



CURRENT OPINIONS AND EVENTS.

THE New River Company have issued printed notices to their customers requiring all householders to see that certain specified things are done in connection with the water-supply. The notices state that unless the work is done within seven days, the supply of water will be cut off. It is felt that the circular is unnecessarily severe, and will be the occasion of some hardship amongst the poorer people.

In opening a coffee tavern at Eastbourne, on Saturday last, Mr. W. Walter, M.P., said he hoped to see the multiplication of coffee palaces and temperance refreshment-rooms, as he fully believed they would produce far more beneficial results than all the Temperance Bills it was possible to introduce into Parliament.

Lord Shaftesbury took part in the opening of a boys' home at Paddington on Saturday last. His lordship was of opinion that—

'The home was of a character that was essentially necessary in the peculiar time in which we lived. Looking at the physical, social, moral, and religious condition of the country, the promoters of the home had taken a wise course in beginning with children. Unless they could produce within the next ten years a better condition of things than that which now existed, he believed that the moral, political, and religious glory of England would be extinguished for ever. The founders had done well, because they had gone on the plan of training the lads on the domestic system. In the order of things, Almighty Providence, in the earliest days of creation, instituted the domestic system as the grand security of life and the grand and chief defence of nations. The carrying out of the domestic system was to many impossible, because of the condition of the seething population of the metropolis. To many of them the domestic life was a mere expression, and had no existence, and could not be known because of the domiciliary condition of our people.'

A MAN WHO COULD DO IMPOSSIBILITIES.

A TALE OF A COFFEE-TAVERN.

BY T. H. EVANS,

Author of the 'Abstainer's Companion,' etc., etc.

(Concluded from page 32.)

'Well, Bob, this is an unexpected delight, and, moreover, such a surprise, I'm not quite sure but what it is a dream, even now.'

'Ah, Jack, you may well say that,' said Bob, as he seated himself at the tea-table. 'I've often read of this sort of thing in story books, but I never expected to see the real thing. And yet there it is, you see,' he continued, glancing round the comfortable room. 'Even to the kettle singing on the hob and the cat admiring herself in the bright teapot on the fender.'

'Well, but how did it all happen?' said Jack, as he helped himself to a second slice of brown bread and butter—the bread Mrs. Day's own baking.

'Why, I'm a teetotaller now,' said Bob; and he spoke it with an air of such dignified importance it seemed to imply: 'I am master of all the world now,' but it really implied that which is greater than earthly power or wealth, for he was learning to conquer himself.

'Yes, yes, of course; I can see that,' said Jack. 'But how did you manage to do it?—for you always said that it was impossible.'

'Ah, Jack, when I said that I made a great mistake, for with Him "all things are possible." And I found out my mistake by making another.'

'Indeed!' said Jack, as he made the acquaintance of another slice, for Miss Day's excellent bread and butter seemed to interest him almost as much as the conversation.

'I'll just tell you how it happened,' said Bob, throwing himself back in the chair with the air of one who had something important to communicate. 'The day after I came to this town I did no work at all, but spent the day, as I had spent many others, in going from one public-house to another till I was pretty well intoxicated.

'I got back to the wretched little room we had taken about tea-time, had a cup of tea, and then fell asleep by the fire, where I remained till about 8 o'clock; then I got up and went out, intending to go into the first public-house I came to and spend my last coin—a threepenny bit, which had escaped my notice in the corner of my pocket. Just as I turned out of our lane into the High Street, I caught sight of a bright, flaring-looking house opposite, so I crossed the road and in I went, and asked for "threepenn'orth" of the best they'd got in the place. Some one said, "Sit down, and I'll bring it directly." This made me look about me. I fancied the place looked rather odd. It seemed something like a public-house, and yet it didn't. I felt thoroughly puzzled.

'I managed to stagger to a seat, wondering all the time what queer place I'd got into, and before my muddled brain could solve the mystery a cup of steaming hot coffee and a plate of bread and butter was put before me. I put down the money in a mechanical sort of way, and then sat and stared at the food before me in a greater state of wonderment than ever.

"Well," thought I, "here's a rum go. But I've paid for it, and so I may as well have it." I drank the coffee, but had no appetite for food, so put the bread and butter in my pocket, and made for home. When I took it out of my pocket the next morning, I found a bill sticking to it which explained everything. I had wandered into the Dandy Lion Coffee Tavern, mistaking it for a public-house. I went on purpose the following night, and the night after that—in fact, to sum the whole thing up in a few words, that place has been the making of me—it has saved me. It has done for me that which mere preaching could not do.

'I did not want to be told that drink was bad, that I was ruining myself, body and soul, by drinking it. I knew all that to the fullest and bitterest meaning of the words. But I'll tell you what I did want: *practical help—a chance to do differently*. I wanted a place of rest, recreation and refreshment, which the public-house, I imagine, was originally intended to supply. I wanted a little harmless social enjoyment, without being tempted to take alcoholic drinks. I did not want to be cursed and poisoned, but till now there never was any place but a liquor shop to which I could go. I wanted an attractive place in which I could gratify my desire for a little change after a hard day's work, a little rest and conversation with others on the topics of the day—a little pleasant company and friendly intercourse with those of my own class, and all this I found at the Coffee Tavern; so giving up strong drink soon became easy enough. There, Jack, now you know the whole secret; and, during the twelve months that I have been here, my prospects have gradually brightened, till I find that my own home and the dear ones there are my greatest attraction.

'But still, if I want an hour and a social cup with a friend, there is a place to which I can go without being choked up in a dull, uninviting-looking box on the one hand or poisoned in health, pocket, and reputation in a gin palace on the other hand. You see, Jack, I was in a condition of physical and moral weakness, and who can wonder at it, knowing what we do of the effect that strong drink has upon its victim; for it blunts and degrades the moral sensibilities and paralyses the will. The Coffee Tavern opened its doors to me, and they were doors of escape from a course that would have brought me before now to a premature and dishonoured grave.'

'I tell you what it is, Bob—we must have a Coffee Tavern at Rockstable.'

'Just the very thing I was going to suggest,' said Bob, rubbing his hands, as if pleased with some pleasant prospect. 'Going to a town that contained a Coffee Tavern has saved me, so don't let the matter rest. Call a meeting, if it's only in your own parlour, look up all the well-to-do folks about you—the doctors, clergymen, schoolmaster, and ladies with time and money. Let them see you are in earnest, and you are bound to carry your point.'

'It shall be done,' said Jack, rising to go, for a certain little pale face on the mantelpiece warned him to depart.

'Here, Jack, take this home and look it over,' said Bob, thrusting a book into his friend's hand as he wished him good-night, and it was a very cordial farewell, in which quiet, comely Mrs. Day heartily joined, coupled with the earnest hope that he would soon call and see them again.

Before the world was half an hour older, the train went puffing out of the pretty little station at Drillington, carrying amongst the humble occupants of a third-class carriage our old friend Jack Ford. Yes, there he sat snugly in the corner, intently perusing Mr. Hepple Hall's interesting little manual on Coffee Taverns, Bob's parting gift. We have but little more to add, but that little must by no means be omitted.

In less than three months after Jack's visit to Drillington, Bob received by post a copy of the *Rockstable Gazette*. Upon opening it the following notice, neatly framed with pencil marks, met his view:

'The Rockstable Coffee Tavern Company have much pleasure in announcing that they have purchased the premises known as the Barley Mow, which will be opened on the 16th inst. for the sale of good food and wholesome drink. *A comfortable and attractive resort for working men.*

'NO INTOXICANTS SOLD.'

THE MOORE CENTENARY IN AMERICA.

POEM BY OLIVER WENDELL HOLMES.

[The hundredth anniversary of the birth of Thomas Moore was celebrated by a large company, many of whom are distinguished in literature, in the main banquet Hall of the Parker House. John Boyle O'Reilly presided, and at his right, as a guest, was Oliver Wendell Holmes, and on his left Mayor Prince. Among the poems written for the occasion was the following by Dr. Holmes, of which the *Transcript* says:

'Those whose good fortune it was to hear Dr. Holmes read his poem at the Moore dinner, will never forget the deep impression it produced. His whole manner, the tones of his voice—a huskiness that told of deep emotion—the expression of his face, his gestures—all these were in harmony with the sentiment of his musical lines—lines that deserve to be remembered as long as Moore's own songs.']

I.

Enchanter of Erin, whose magic has bound us,
Thy wand for one moment we fondly would claim,
Entranced while it summons the phantoms around us,
That blush into life at the sound of thy name.

The tell-tales of memory wake from their slumbers—
I hear the old song with its tender refrain—
What passion lies hid in those honey-voiced numbers!
What perfume of youth in each exquisite strain!

The home of my childhood comes back as a vision—
Hark! Hark! a soft chord from its song-haunted room—
'Tis a morning of May, when the air is Elysian,—
The syringa in bud and the lilac in bloom—

We are clustered around the 'Clementi' piano—
There were six of us then—there are two of us now—
She is singing—the girl with the silver soprano—
How 'The Lord of the Valley' was false to his vow—

'Let Erin remember' the echoes are calling—
Through 'The Vale of Avoca' the waters are rolled—
'The Exile' laments while the night-dews are falling—
'The Morning of Life' dawns again as of old.']

But ah! those warm love-songs of fresh adolescence!
Around us such raptures celestial they flung
That it seemed as if Paradise breathed its quintessence
Through the seraph-toned lips of the maiden that sung!

Long hushed are the chords that my boyhood enchanted
As when the smooth wave by the angel was stirred,
Yet still with their music is memory haunted,
And oft in my dreams are their melodies heard.

I feel like the priest to his altar returning—
The crowd that was kneeling no longer is there,
The flame has died down, but the brands are still burning,
And sandal and cinnamon sweeten the air.

II.

The veil for her bridal young Summer is weaving
In her azure-domed hall with its tapestried floor,
And Spring the last tear-drops of May-dew is leaving
On the daisy of Burns and the shamrock of Moore.

How like, how unlike, as we view them together,
The song of the minstrels whose record we scan—
One fresh as the breeze blowing over the heather—
One sweet as the breath from an odalisque's fan!

Ah, passion can glow mid a palace's splendour;
The cage does not alter the song of the bird,
And the curtain of silk has known whispers as tender
As ever the blossoming hawthorn has heard.

No fear lest the step of the soft-slippered Graces
Should fright the young Loves from their warm little nest,
For the heart of a queen, under jewels and laces,
Beats time with the pulse in the peasant-girl's breast!

Thrice welcome each gift of kind Nature's bestowing!
Her fountain heeds little the goblet we hold;
Alike, when its musical waters are flowing,
The shell from the seaside, the chalice of gold.

The twins of the lyre to her voices had listened;
Both laid their best gifts upon Liberty's shrine;
For Coila's loved minstrel the holly-wreath glistened;
For Erin's the rose and the myrtle entwine.

And while the fresh blossoms of summer are braided
For the sea-girdled, stream-silvered, lake-jewelled isle,
While her mantle of verdure is woven unfaded,
While Shannon and Liffey shall dimple and smile,

The land where the staff of Saint Patrick was planted,
Where the shamrock grows green from the cliffs to the shore,
The land of fair maidens and heroes undaunted,
Shall wreath her bright harp with the garlands of Moore!

ANALYST'S REPORT.

STRAND DISTRICT BOARD OF WORKS.

THE usual fortnightly meeting of the members of this Board was held on the 10th inst. in the board-room of the offices, Tavistock-street, Strand; Mr. J. Biggs presiding.

ANALYSIS OF CO-OPERATIVE SOCIETIES' GOODS.—A communication was received from the secretary of the Civil Service Supply Association, in reply to the application that the articles sold at the stores be subjected to analysis by the Board's analyst, stating that the stores were established for the supply of civil servants and their friends, who hold tickets, and, therefore, the Board's inspector had no right to purchase goods there for analysis; but, while claiming that exemption, the committee did not object to the articles sold at the stores being analysed, and so soon as a ticket was available it would be placed at the disposal of the Board's inspector.—The Board then adjourned.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

He who loves the good of the soul will love things more divine; but he who loves the goods of its transient habitation will love things human.—*Democrates*.

When going to a temple to adore divinity, neither say nor do anything in the interim pertaining to the common affairs of life.—*Pythagoras*.

Happy is that man who eats only for hunger, and drinks only for thirst; that stands upon his own legs, and lives by reason, not by example; and provides for use and necessity, not for ostentation and pomp.—*Seneca*.

The blessings of health and fortune, as they have a beginning, so must they have an end.—*Sallust*.

Happiness does not consist in being agitated by passion, or affected as puppets are by strings.—*M. Antoninus*.

Procure not friends in haste, and when thou hast a friend, part not with him in haste.—*Soloni*.

Honour with some is a sort of paper credit, with which men are obliged to trade who are deficient in the sterling cash of morality and religion.—*Zimmerman*.

Life, like a musical instrument, being harmonized by remission and retention, becomes more agreeable.—*Demophilus*.

It is necessary to be good rather than to appear so.—*Democrates*.

Declining from the public ways, walk in unfrequented paths.—*Pythagoras*.

Joy descends gently upon us, like the evening dew, and does not patter down like a hailstorm.—*Richier*.

If thou hast but little, make it not less by murmuring; if thou hast enough, make it not too much by unthankfulness. He that is not thankfully contented with the least favour he hath received, hath made himself incapable of the least favour he can receive.—*Quarles*.

If there is anything lovely, if there is anything within the reach of man that is worthy of praise, is it not knowledge? and yet who is he that attaineth unto it? The statesman proclaimeth that he hath it; the ruler of the people claimeth the praise of it; but findeth the subject that he possesseth is evil, is not requisite to man, neither can vice be necessary to be tolerated. Yet how many evils are permitted by the connivance of the laws! how many crimes committed by the decrees of the council!—*Ancient Indian MSS.*

I never gave a lock of hair away
To a man, dearest, except this to thee,
Which now upon my fingers thoughtfully
I ring out to the full brown length and say
'Take it.' My day of youth went yesterday;
My hair no longer bounds to my foot's glee,
Nor plant I it from rose or myrtle-tree,
As girls do, any more. It only may
Now shade, on two pale cheeks, the mark of tears,
Taught drooping from the head that hangs aside
Through sorrow's tricks. I thought the funeral shears
Would take this first, but love is justified;
Take it thou,—finding pure, from all those years,
The kiss my mother left here when she died.

Mrs. Browning.

It is the property of justice to distribute everything according to desert; to preserve hereditary customs and institutes; to preserve truth in controversies; and to keep mutual compacts. But the first part of justice is towards the gods; the second, towards demons; the third, towards country and parents; the fourth, towards the dead; and in all these piety is included, as being either a part of justice, or attendant on it. But holiness, truth, faith, and hatred of depravity, are also the concomitants of justice.—*Aristotle*.

THE HOUSEWIFE'S CORNER.

COMMON OMELET.

Five or six eggs will make a good sized omelet. Break them into a basin, beat them well with a fork, and add a salt-spoonful of salt; have ready chopped a small quantity of sweet leeks or green onions, and a little parsley; beat it well with the eggs; then take three ounces of butter, break half of it in little bits and put it in the omelet, and the other half into a very clean small frying-pan. When it is melted, pour in the omelet, and stir it with a spoon till it begins to set, then turn it up round the edges, and when it is of a fine light brown, it is done. The safest way to take it out is to put a warm plate over the omelet, and turn the pan upside down; serve it up on a hot dish. It should never be done till wanted.

TOASTED CHEESE WITH ONIONS.

Peel some onions, cut them in two, and boil them a little, changing the water once; then chop them, and put them in the oven with a little pepper, salt, and butter; cover them, and let them stew till tender. When sufficiently done, spread them on a dish, and cover them well with good toasting cheese cut in thin slices, without crust; toast it rather quick, and serve it hot.

MACARONI WITH CHEESE.

Boil two ounces of macaroni in a pint of milk till tender; then drain the milk from it, and put in a dish over some grated cheese; lay some bits of butter upon it, cover it with grated cheese, and toast it. A layer of bread-crumbs may be put over the macaroni before the cheese, if preferred.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith. The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	12	6

Smaller advertisements, 3s. per inch, single column; 7s. double column. Ten per cent. reduction on six insertions, and twenty per cent. on thirteen, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements. Special rates to Public Companies. Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME', without any additional charge.

* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking, generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 28, VOL. II.]

SATURDAY, AUGUST 2ND, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE LATE ISAAC BUTT, Q.C., M.P.

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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: AUGUST 2nd, 1879.

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THE LATE ISAAC BUTT, Q.C., M.P.

House and Home is in no sense of the term a party journal; hence, in giving portraits of those who have contributed to shape the thought and life of the age, we have no regard to the political bias or views of the individuals selected. It is enough for us that they have won an acknowledged position in society, that they have been men and women of mind, mark, or distinction in some useful walk of life.

No portrait gallery of worthies of the age would be complete unless it contained the genial good-humoured countenance of the late respected leader of the Home Rule party, Mr. Isaac Butt, Q.C.

Mr. Butt was born August 19th, 1813, in County Donegal, Ireland, the only son of the Rev. Robert Butt, Rector of Stranolar. When only nineteen years of age he obtained a scholarship at Trinity College, Dublin, where three years later he graduated with first class high classical and mathematical honours. He was one of the ablest debaters in the college Historical Society, and at the age of twenty-three he became Professor of Political Economy.

In 1838, Mr. Butt was called to the Bar, and his career was a most brilliant one. He was engaged in several State trials, which gave scope for a display of his rare abilities and brought him deserved popularity.

In 1844 he was made Q.C., and in 1848 he became a member of the English Bar. Here he obtained a considerable practice in appeal cases in the House of Lords.

He succeeded Sir Fitzroy Kelly as the Conservative member for Harwich, and in the House of Commons soon earned the reputation of an able debater. In 1852 he was returned for Youghal in the Conservative interest. Becoming a Liberal-Conservative, he was offered the post of Solicitor-General for

Ireland by Lord Palmerston, but the Lord Chancellor so strongly opposed the nomination, that his lordship ultimately withdrew the appointment. In 1865 he was defeated by Sir John McKenna.

Mr. Butt was the suggester of the Home Rule Movement, and in 1871 he was returned in that interest for the city of Limerick. As a leader he displayed great tact and judgment, and won the respect of all parties. He was opposed to the 'obstruction' policy adopted by a section of the Home Rule party.

As a writer, Mr. Butt acquired early in life a literary fame which he fully sustained in his later years. He died on the 5th of May last, and will be held in remembrance as a genial and generous friend, loved in private life, and respected as a public man even by his political opponents.

PHRENOLOGICAL SKETCH OF THE LATE ISAAC BUTT, Q.C., M.P.

BY PROFESSOR STACKPOOL E. O'DELL.*

A MAN amongst men in regard to what is great and ennobling, and what should constitute the mind.

A width of thought beyond the comprehension of most people; and this width, this going beyond others, this progressiveness, would be his weak point in the minds of many—would be a bar to his full success; for smaller or ordinary minds could not go the distance he would go, or see the distance he would see.

This head denotes power of a superior nature, and it likewise denotes a knowledge of and reliance in that power.

He, knowing the plank would bear him, would cross the river, while others would stand trembling on the brink.

Large perceptive ability, with quickness of comprehension, would make him see the largest, as well as the minutest department of a plan at a glance, and the executive organs well developed would enable him to carry it out with much power.

The true poetic temperament is clearly seen in the quick sensitiveness and largely-developed 'ideality and sublimity.' His poetic worship would be more of nature than art.

The hill, the valley, the forest, the stream, the waterfall, or rivulet, the mighty ocean or tiny wave, would be objects here of worship and inspiration.

We would say, 'If phrenology is true, this man must be a born orator, an eloquent orator, a sublime orator; and more, again, an intelligent, reasoning, argumentative, criticising orator and thinker.

I can see this mind, in the silence of his own chamber, groaning, nay writhing, 'neath the 'whips and scorns, the stings and the arrows;' crying out for strength to make one final effort to carry out his great purposes. Like 'Richard,' ready to give his kingdom for a horse, he would have given all for a

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united country at his back, and then for 'Bosworth field and victory.'

Candour is a weak point for a politician. No masked bribery here, no coaxing the enemy on by a seeming confidence and then belching out 'murder and slaughter.' Another weak point for a politician is a deficiency in the 'selfish propensities.' Being deficient here, he could not sufficiently recognise their worth and value in his followers. If he had been selfish himself, he would have consulted their selfishness, their aggrandisement, their dignity, and by this means have kept them together.

If this man had looked to 'self,' he had all the abilities required to have exalted himself. But he was deficient in the 'selfish propensities.'

Taking every part of his head into consideration, it indicates rare talent, richness in language, sublimity in poetry, depth in reasoning, clearness in perception, strength in earnestness, and great honesty and integrity.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

We have several letters upon the proposed alterations of the Articles of Association; but as the meeting will be held before the present issue is published we hold them over. We shall probably give a copious report of Wednesday's proceedings next week.

THE ARTIZANS' DWELLINGS ACT (1868).

CHELSEA VESTRY.

THE ordinary meeting of this vestry was held at the Vestry Hall, King's Road, Chelsea, on the 24th ult. Mr. Kingsbury in the chair.

Dr. Barclay, the medical officer of health, reported that he had personally visited a number of houses in Chelsea, and finding them in a condition or state dangerous to health, he recommended that the vestry take action under the Artizans' and Labourers' Dwellings Acts, 1868, commonly known as Torrens' Act.

Mr. Fisher moved that the report of the medical officer be approved and adopted, and that the usual course be taken for the carrying out of the recommendations.

Mr. Roberts seconded the motion, which was carried.

THE ARTIZANS' DWELLINGS ACT (1868) EXTENSION BILL.

STRAND DISTRICT BOARD OF WORKS.

THE usual fortnightly meeting of this board was held on the 24th ult. in the board-room of the offices, Tavistock Street, Strand. Mr. J. Bassett presided.

A report was received from the Parliamentary Committee stating that they had examined the provisions of the Artizans' Dwellings Act (1868) Extension Bill as amended in committee, and recognised that the power proposed to be given to the local authorities themselves to erect buildings for the labouring classes on spaces acquired and cleared under the powers of the Act of 1868 would greatly diminish the probability of a recurrence of the grievous loss like that occasioned to the metropolis through the acquirement by the Metropolitan Board of Works (under 38, 39 Vic., c. 36) of spaces which that board recently disposed of at a loss exceeding half a million. The committee were, however, of opinion (having regard to the already severe pressure of existing rates) that the imposition of further taxation under this bill by a bare majority of the members of the local authority present and voting created a serious charge on the property and ratepayers of the metropolis, and therefore recommended the board to petition Parliament to the effect that the local authority should not have power to acquire and clear property under the provisions of the Act of 1868, or of the Amendment Bill, unless the resolution in favour of that course be carried by two-thirds of the members present. The committee were also of opinion that the provision which gives to the Metropolitan Board of Works power (after notice to the district authority) to carry out the provisions of the bill is an undesirable interference with local interests.

Upon the motion of Mr. Jones, the report was adopted, and a copy sent to both Houses of Parliament.

HOUSE OF COMMONS.—TUESDAY, JULY 22.

MR. FAWCETT asked the Chairman of the Metropolitan Board of Works, in reference to his statement that a committee of the board has been appointed to consider what amendments should be introduced into the Artizans' and Labourers' Dwellings Act, 1875, with the view of diminishing the cost of carrying out that Act in the metropolis, if he could inform the House when the report of that committee would be presented to the Home Secretary; and whether, as the cost to the metropolitan ratepayers of clearing six sites will be £562,061, he could undertake that the other sites which have been cleared shall not be disposed of until the report of the committee has been laid before the Home Secretary, and it has been ascertained whether it is his intention to propose to amend the Act of 1875.

Sir J. M'GAREL-HOGG: I trust that the Metropolitan Board of Works will be in a position to make a representation to the Secretary of State on the subject of the amendments of the Artizans' and Labourers' Dwellings Act in the course of a week or two. With regard to the further disposal of sites, I may remind the hon. member that of the six sites referred to by him only part of one has up to this time been actually cleared, and the Board are only now acquiring the interests in the remainder of the fourteen which I alluded to in my reply on the 14th inst. The Home Secretary, therefore, will have full opportunity of considering the representations of the Board.

MR. FAWCETT gave notice that on Tuesday next he would ask whether the hon. and gallant gentleman can give an undertaking that no more of the sites should be disposed of until the Home Secretary had had an opportunity of considering what amendments should be introduced into the Act.

MR. CROSS said the question whether anything could be done to lessen the expense of carrying out the Artizans' Dwellings Act had been under his consideration for some time, and he hoped to introduce a short bill to effect some amendments.

ST. SAVIOUR'S (SOUTHWARK) BOARD OF WORKS.

THE usual fortnightly meeting of this board was held on the 24th ult., in the board-room of the offices, Emerson Street, Bankside. Mr. F. J. Thorne presided.

THE clerk read a letter from the Vestry of Bermondsey, forwarding a copy of a communication which had been addressed by that Vestry to the Metropolitan Board of Works on the subject of the Artizans' Dwellings Act, 1875, expressing an opinion that having

regard to the heavy loss resulting to the ratepayers from the purchase and sale of properties under the Act (£562,061) no further schemes should be proceeded with until the law was so amended as to prevent a similar loss and waste of money in the future.

The board decided to take no action in the matter.

WHITECHAPEL DISTRICT BOARD OF WORKS.

THIS board met at the offices, Great Alie Street, on the 25th ult. Mr. Robert Gladding in the chair.

Mr. Telfer had given notice of his intention to invite the board to consider the obligation imposed upon them by the Artizans' and Labourers' Dwellings Act, to provide dwellings for artizans, the effect of such provision being to depreciate the value of the land under the Act; but that gentleman was absent unavoidably, and sent a letter, in which, after giving his reasons, he proposed that the board should present a memorial to the Home Secretary, praying her Majesty's Government to procure the repeal of the clause of the Artizans' Dwellings' Act which restricts the use of cleared spaces to the erection of artizans' dwellings.

A long discussion ensued, in the course of which Mr. Ilsley moved a resolution affirming, 'That it is undesirable, in the interests of the ratepayers of the metropolis, that further action should be taken under the Artizans' and Labourers' Dwellings Act, and that the Metropolitan Board should be requested to stay proceedings under the Act so far as possible whilst the Act is in its present condition.'

Major Munro (Metropolitan Board) agreed that the time had come when the Home Secretary should have deputations sent to him in order to show him that his Act is impracticable as it now stands, and he also agreed in thinking that the Metropolitan Board might be asked to stay their hands as far as possible, pending the amendment of the Act. The Metropolitan Board had suffered great and unmerited obloquy from the working of the Act, and in many quarters which ought to be better informed it was still believed that the Metropolitan Board was responsible for the present situation.

After discussion, the board adopted a memorial to the Home Secretary, and the motion proposed by Mr. Ilsley, and then adjourned.

HOUSE OF LORDS.—THURSDAY, JULY 24th.

THE EARL OF CAMPERDOWN rose to call attention to 'the enormous pecuniary loss already incurred by the metropolitan ratepayers in carrying out the Artizans' and Labourers' Dwellings Act, 1875, and also to the declaration of the chairman of the Metropolitan Board of Works that it was impossible to estimate the entire cost which might fall to the ratepayers under that act,' and moved, 'That, in the opinion of this House, no further improvements ought to be sanctioned under the Act until the principle on which compensation is awarded for property taken shall have been amended.' The noble earl remarked that up to the present time the ratepayers had sustained a loss, under the operation of the Act, of seven-eighths of the money which had been expended. The schemes already carried out had entailed a loss of £500,000; on several other schemes, which had already received the sanction of Parliament, and which, apparently, were to be executed, a further sum of more than half a million would probably be lost; and, if all the schemes in contemplation were to be carried out, the result might be that for these artizans' dwellings the ratepayers would have to bear a charge of upwards of two millions of money. Several other schemes were in contemplation, and if those schemes should be like the previous ones, the ratepayers would have to bear a charge of upwards of two millions in respect of sites for artizans' dwellings. It was also quite possible that the medical officers of the different parishes might submit additional schemes to the Metropolitan Board of Works, and that the Board might be of opinion that the areas referred to by those gentlemen were unhealthy, and in that way the sum of two millions might not include the whole loss which would be incurred under the existing statute. To whom was so large a sum of money to be paid? It was to be paid under the provisions of the Act chiefly to the owners of dwellings which were unfit for human habitation; liberal compensation was to be given to persons who had not, apparently, any great claim upon such munificence. He did not object in the least to an owner receiving the fair market value of his property, but the question was, what was a fair market value, and how did the arbitrators

who were employed arrive at their conclusion on the point? (Hear, hear.) The houses to which he referred were distinctly a nuisance; they were recognised as such under the Nuisances Removal Act, and he believed that if, in the first instance, that Act had been put in force, the result would have been that these dens of fever would not have been used for the purpose of letting, and, in that case, the ratepayers when they came to acquire the property would have been able to acquire it at something more nearly approaching its real value. (Hear, hear.) What had been the effect of the operation of the Act up to the present time? He had no hesitation in saying that the effect of it had been to establish and to encourage a trade in houses which were unfit for human habitation. It was perfectly notorious that the persons who possessed these houses had procured a very much larger compensation for them than they could have acquired in the open market. Who was to blame for this state of things? The Board of Works had urged that they were not responsible; and as to the Home Office, he did not think that in introducing the Bill sufficient care was taken as to the Arbitration Clause. (Hear, hear.) If the Vestries had enforced the provisions of the Nuisances Removal Act, it might not have been necessary to pass the Artizans' Dwellings Act. The Metropolitan Board of Works had very inadequate information as to the cost of these six schemes. Their actual cost had been £562,000, while even so late as December last, the estimated cost had been £285,000. The loss on these schemes, which had to be met by the ratepayers, had been half a million, and if they persisted in carrying out the other eight schemes which had been sanctioned by Parliament, they would lose another half a million. He hoped their lordships would sanction no more of these schemes until there had been some amendment in the principle of compensation. He might be asked what remedy he would propose. He would suggest, in the first place, that an Act should be passed to enable the provisions of the Nuisances Removal Act to be put in force with an adequate penalty, and that some change should be made in the principle of compensation.

Earl BEAUCHAMP was glad that the noble earl had brought this matter before the House, because it had given rise to a good deal of misunderstanding. A great deal of what had fallen from the noble lord was really not calculated to give rise to the alarm which was so much apprehended. The noble lord did not tell on whose shoulders, if not on those of the ratepayers, the cost of carrying out this Act was to be thrown, unless, indeed, he meant that the owners of property were to undergo a considerable sacrifice in order that the Act might be carried out. The object of the Act, he wished to remind their lordships, was not to promote dwellings for the working classes, but sites for these dwellings; and that object had been to a certain extent attained. The noble lord based his resolution on the cost of the Act. The First Napoleon said that 'You cannot make an omelet without breaking eggs;' and it was impossible to acquire the sites occupied by fever-dens and plague-spots without incurring considerable expense. The noble lord complained of the expense incurred in compensation. Now the properties to which the Act was applied were often held in a most complicated way, and it was impossible to settle the question of compensation on any simple method. The Act of 1875 provided that owners of property should not receive compensation for the enhanced value, but only the fair market value of their land as it stood. The Nuisances Removal Act had not been enforced because it had been expensive; and he should like to know what panacea the noble lord proposed for that evil, or on whose shoulders he proposed to place the burden. With regard to the operation of the Act in the metropolis, he found that while 11,000 of the working-classes had been displaced, sites had been provided for dwellings for 11,500 persons. This was a substantial benefit to a large number of their fellow citizens. They should recollect, also, that the clearing of these sites reduced both pauperism and crime. If it could be shown by statistics that human life could be prolonged, disease controlled, and the death-rate diminished, by improvements made under the Artizans' Dwellings Act, their lordships ought to be slow to accept the indictment brought against it by the noble earl who had introduced this subject. When the history of this generation came to be written, there was no page which would shine more brightly than this legislation for the improvement of the health and morals of our fellow subjects. (Cheers.)

Earl GRANVILLE said they all acknowledged that the object of the Artizans' Dwellings Act was a most desirable one. With regard to the statement made by his noble friend, he thought it was one which had not been controverted by the remarks of the noble earl who had just sat down. It had been said that his noble friend did not indicate on whose shoulders the expense was to fall. It was clear from his noble friend's observations that he did not wish for any act of spoliation against the owners. The only explanation offered by the noble earl opposite with reference to the Nuisances Removal Act, was that it could not be put into force on account

of its great expense. But no one would surely believe that that expense would amount to the enormous cost entailed in the application of the Artizans' Dwellings Act. Nothing could be more fatal than to allow so large an expenditure as that which was being incurred in carrying out the Artizans' Dwellings Act to be borne by the ratepayers of the metropolis. Notwithstanding the pressure put upon the Government at the time, they persisted in departing from the principle adopted in the Glasgow and Liverpool Acts. That, he held, was a great mistake. The Government would, he feared, be straitened in their humane efforts in promoting the objects of the Artizans' Dwellings Acts if they remained perfectly satisfied with the *status quo* and consented to an enormous fine to be inflicted upon the ratepayers of the metropolis. (Hear, hear.)

The Earl of BEACONSFIELD.—I am sorry to hear the noble earl charge the Government with being contented with the *status quo* after the announcement made this evening by my noble friend, that notice has been given in the other House of the intention of the Government to amend the Act which we are now discussing, showing that, on our part, there is a wish to improve that Act. No doubt when an undertaking of this kind is consummated it is very difficult, from the largeness and novelty of the subject, to bring forth at once an altogether perfect measure. (Hear, hear.) The noble lord who has just addressed us has not touched any of the points in my noble friend's speech, and which, I think, were not very easy to answer. (Hear, hear.) In the first place, with regard to the Nuisances Removal Act, the reasons why the Artizans' Dwellings Act was brought in was because the machinery provided by the Nuisances Removal Act could not possibly effect those large changes which were absolutely necessary. You might deal with houses, but you could not deal with areas; and unless you dealt with areas you could not secure a change in the sanitary condition of a great city like London, when public opinion, expressed in a most undisguised and undoubted manner, demanded such a change. With regard to compensation, the charge made by the noble earl who introduced this debate was met by my noble friend in a most satisfactory and complete manner; but the noble earl who has just sat down avoided that answer. My noble friend showed—as was impressed upon the House by the noble earl who introduced this discussion—that compensation was not given merely to the owners of the miserable haunts of fever and disease which were swept away under the provisions of this Act, but that it was also demanded, and was obliged to be applied for, in respect of those tenements which were really not themselves liable to that imputation. I hope, although Parliament will always be ready to improve the working of the Act, as experience guides and enlightens it, there will be no attempt to tamper with the principles on which that Act is founded, and with the admirable provisions which it contains. (Hear, hear.) I do not believe there was any measure ever brought forward that was more desired by the country, and more approved by it, or which more completely effected the object it had in view, namely, the improvement of the sanitary condition and health of the people of this country. (Cheers.)

The Earl of CAMPERDOWN, in reply, explained that his contention had been that undue compensation was paid to many owners of houses unfit for habitation, and that such owners ought to be compelled, either not to let the houses, or to put them into a proper state of repair. With regard to his motion, he would not put their lordships to the trouble of dividing upon it.

The motion was negatived without a division.

ARTIZANS' DWELLINGS AND STREET IMPROVEMENTS.

METROPOLITAN BOARD OF WORKS.

THE usual weekly meeting of this board was held on the 25th ult. at the offices, Spring Gardens; Sir James M'Garel-Hogg, M.P., Chairman of the board, presided.

REPORT OF THE WORKS COMMITTEE.

The Works Committee brought under the notice of the board a grave difficulty which had presented itself in connection with the carrying out of the improvements authorised by the Metropolitan Street Improvements Act, 1877. As regards the majority of the improvements, considerable

progress had been made. There were, however, two lines of improvement, and those of a very important character, with which the committee were not in a position to make any satisfactory progress. The lines of improvement referred to are the proposed new streets from Tottenham Court Road to Charing Cross, and from Regent Circus to Oxford Street. Under the terms of the 33rd Section of that Act, the board are to acquire or appropriate for the accommodation of such of the labouring classes as will be displaced by the removal of houses required to be taken for the purposes of the improvements so much of the lands as one of her Majesty's principal Secretaries of State shall from time to time deem sufficient. The number of the labouring classes living on land proposed to be taken for the western improvements (which include also the widening of Coventry Street) is far greater than any of the others comprised in the Act, and is stated to be 5,497. It was manifest, therefore, that with a due regard to the character of these improvements and to the reasonable expectation that a superior class of buildings would be placed upon the frontages, it would be impossible to accommodate the above number of the labouring classes upon the sites, and the committee under these circumstances deemed it right to make a representation to the Home Secretary with a view of obtaining his consent to the utilisation of other sites for receiving such number as could not be re-housed upon those of the western improvements, and a scheme was submitted suggesting the appropriation of available portions of certain sites to be cleared under the Artizans' Dwellings Act, but up to the present time Mr. Cross's decision had not been received. In the absence of this the committee were unable to say what view might be taken of the proposal which had been made, but they had reason to believe that the construction which was placed by Mr. Cross upon the 33rd Section is that the lands referred to are to be actually cleared of buildings and new buildings erected before suitable dwellings will be considered to have been provided. If this be so, the practical result would appear to be that nearly the whole of the building frontages upon the new thoroughfares in question would have to be appropriated for labourers' habitations, unless other sites were acquired by the board. It was almost needless to point out that by the adoption of this course not only would the appearance of these great lines of thoroughfare be destroyed, but a very serious monetary loss would result to the metropolitan ratepayers. Further, the committee apprehended that the Home Secretary would in all probability decline to sanction the removal of more than about 500 of the labouring classes at one time, and that the board would be expected previously to each removal of that number to acquire and clear the site, to let the land for building, and to show that the buildings had been completed. The result of this proceeding would appear to be that at least twelve or sixteen years would elapse before the streets could be opened for public traffic, and that they would then be thoroughfares consisting mainly of labourers' dwellings. These were the obstacles which at present prevent the carrying out of these much-needed communications, and it was evident that, as the matter now stands, they present an insuperable barrier to the progress of the improvements. The committee felt it their duty to report these facts for the information of the board in the hope that some means may be found, either by an amendment of the Act, or by a relaxation on the part of the Home Secretary of his requirements under the 33rd Section, of obviating the difficulties which at present exist.

Mr. DRESSER ROGERS said that this was a very important report, and he not only moved its adoption, but that it be printed and circulated. It unfortunately happened that very often the House of Commons and other bodies, as well as those who had the most kindly and philanthropic ideas with regard to our fellow creatures, had not the practical knowledge to carry out their object. He had no doubt that those who framed the Act earnestly desired improved accommodation for the working classes; but the committee found it impossible to carry out improvements under the Act without a large expenditure, and until a considerable period had elapsed. He supposed that the thoroughfares contemplated in the proposed improvements would assume the positions of the handsomest streets in the metropolis. Although desirous of seeing artizans' dwellings erected, he thought no one would wish that the property in two important streets should be lessened in value by erecting barrack-like buildings, which would have the effect of preventing the Board from recouping the ratepayers for the large expenditure, and he thought the practical working of the Act, as set forth in the report, would show the public at large and Mr. Cross that some alteration must be made.

Mr. RICHARDSON pointed out that even if the Act could be carried out, it would not be an improvement, and contended that the acceptance of these clauses in the Act was a mistake.

Mr. FOWLER said he did not think the Parliamentary Committee could be blamed for the introduction of these clauses, but there was no doubt it

was a mistaken view on the part of some persons who desired the erection of artisans' dwellings. No doubt people should not be turned out of their homes without some provision for their future accommodation, but in this Act it seemed to him a dangerous principle had been introduced. It was that every person on the site must be provided for. If the law were carried out, one of the most important thoroughfares of the metropolis, at the upper part if not the lower, would be composed entirely of artisan's dwellings. That was an unfortunate circumstance, and one that could not be foreseen when the Act was passed. He thought it was a mistake that the artisan class should always be located on the site where they were displaced, and, as a matter of fact, a very small proportion were employed in the immediate neighbourhood where they lived. He thought the best way would be to procure convenient sites where they could be obtained.

Mr. FREEMAN said that for a certain number of years there was no doubt the working classes were hardly dealt with by railway authorities and others in carrying out their works. This had given rise to a feeling which had resulted in the introduction of the clauses in question, but the idea of making fine streets, which ought to be handsome thoroughfares, into streets composed largely of model lodging-houses was preposterous. He hoped it would be represented to Mr. Cross that if the Act were carried out they would have to erect streets which in future years would be condemned as a proof of the inability of the board to carry out street improvements.

Mr. RUNTZ said he believed the Home Secretary was willing to assist the board, and he thought they should ask the assistance of the Government to get an amendment of the Act of 1877.

Mr. TURNER contended that the erection of model lodging-houses was not of much benefit to the working classes, inasmuch as he knew that in some buildings 17s. 6d. per week was the rent charged, and some of the apartments were overcrowded. He considered that cheap suburban residences, with cheap train accommodation, would be of greater benefit to the working class than model dwellings in such sites as those in question.

After some further discussion the motion for the adoption and circulation of the report was agreed to.

UNHEALTHY DWELLINGS IN GREAT WILD STREET.

Mr. RICHARDSON called the attention of the Board to some houses in Great Wild Street which had been condemned under the provisions of the Artizans' Dwellings Act. There were from 800 to 900 persons living in these houses, the condition of which was dangerous to their health. They were only waiting to receive compensation before they left the premises, and he proposed that the officers of the Board should be authorised to pay compensation, so that these persons could leave these places, which were absolutely unfit for habitation.

After some discussion, the matter was referred to the Works Committee.



HYGIENE.

THE CURE OF THE DRUNKARD.

THE Act recently passed to 'facilitate the control and cure of habitual drunkards' is an important measure, and may lead to important results. These results, based on more minute statistical information, will tend to elucidate the disputed question whether habitual drunkenness is a vice or disease. Dr. Bucknill, in the *Contemporary*, contends that it is purely a vice. Dr. Grindrod in various publications contends that it is a disease, a physico-moral disease, requiring medical treatment as well as moral effort to effect a cure. Dr. Grindrod gave his views on the question of voluntary or enforced restraint in an article published in *Social Notes* of last year, a journal to which we have more than once called attention as issued under the direction of the Marquis of Townshend. We see a notice of a work shortly to be issued by Dr. Grindrod, entitled 'The Treatment and Cure of the Inebriate.' In the meanwhile we extract the following brief summary of the doctor's views from a recently published brochure, 'Alcohol at the Bar,' by Mr. G. W. Bacon, F.R.G.S. The author remarks that 'Dr. Grindrod has

probably had as much experience and success in the cure of this malady as any other physician in the country' :—

'THE CURE OF THE DRUNKARD.—What is the condition which we characterise as habitual drunkenness? Is it a moral malady or a physical disease? Nearly half a century of observation and experience only confirms my belief that it is a *disease*—a mixed one, it is true, partaking much of moral changes as well as physical; the moral characteristics, however, largely, if not exclusively, depending on the physical. On the determination of this question depends the treatment of the inebriate. The case belongs either to the divine or to the physician. The cure rests either on moral grounds or on physical. A physician of late has declared the inebriate to hopeless and "worthless," and has publicly enunciated his belief that "it would be a national, nay, a world-wide blessing, if alcohol were really the active poison which it is so often represented to be, that men who indulge in it might die off quickly."*

'Dr. Bucknill does not appear to think it a cause of much lamentation that drunkards will "kill themselves." The unhappy victim is looked upon as a worthless, useless waif of society. But who has made him such? In one sense he is a voluntary suicide. Considered from another and more practical point of view, he is a victim of the needless and vicious habits and customs of modern society, recognised by its philanthropic and religious constituents. Most drunkards are made such by needless drinking. The wear and tear of society induce conditions of the brain and nervous system which predispose men to drink, the habits and customs of society also encourage it—and thus we have a constant succession of drunkards. Unfortunately, fifty thousand drunkards "die off" every year; but it is equally unfortunate that the moderate drinking habits of society reproduce by the law of alcoholisation a batch of fifty thousand drunkards for the next year.

'When is this disastrous perennial system of alcoholic destruction to cease? My reply is unhesitating and decisive—*Only when men and women cease to drink. It is in the nature of drink to make drunkards.* It is a physical law, and therefore not subservient to moral or spiritual influences. This fact lies at the very basis of the treatment of inebriates, and consequently the treatment of the dipsomaniac (using this word in the sense of the habitual, uncontrollable inebriate) belongs mainly to the physician of the body, and only in measure and at certain stages of the malady to the spiritual physician.

'The first and essential requisite towards a cure, as in all other diseases, is to abstain from the cause. On this point there must be no compromise. Positive, absolute abstinence is essential. Moderate drinking can never cure the drunkard. I have never met with a drunkard who has become a permanent moderate drinker. It is a physical impossibility. This primary truth must be clearly understood in the present treatment and after cure of the inebriate. The drunkard cured for the time of the desire to drink, if he indulges in the moderate use of alcohol in any form, is certain again to become an inebriate.

'Diet constitutes an important consideration in the treatment. It is said, and with much truth, that the victims of alcoholic indulgence are great meat-eaters. We must, however, guard against the idea that abstinence from animal food is *alone* a cure for intemperance. The use of meat, particularly in excess, doubtless tends to induce a desire in many persons for alcohol, but mere abstinence therefrom cannot be relied on for effecting a cure of habitual drunkenness. The disease is a specific one brought on by the use of alcohol, and cannot be cured without total abstinence. The alcoholic craving is a purely alcoholic impulse, whatever the conditions or habits of life which foster or encourage the craving. The diet of the inebriate under medical care must not be meagre. The quality and quantity of food must of course be adapted to each individual case. No specific directions can therefore be given.

'Outdoor exercise, with abundance of pure air, is essential. Medicines are not, in many cases, required. In those in which there is liver derangement or stomaclic disorder, the physician will of course administer suitable remedies. Slight tonics, such as gentian or calumbo roots, blended with ginger and the sesquicarbonate of ammonia, may often be given with advantage. It is impossible, however, to lay down a fixed law. Each case must be treated by itself, and in reference to its own peculiar symptoms. As a general rule two things only are required: first, total abstinence, either compulsory or voluntary; and next, such other means as will lessen or remove the alcoholic craving.

'The cause of the disease is alcohol, and its most efficient remedy will be *water*. Water is not only the best beverage for the inebriate,

* *Contemporary Review*, Feb. 1877, article by Dr. Bucknill on 'Habitual Drunkenness.'

it is likewise the most efficient medicine. Its therapeutic action in inebriate cases is marvellous; its mode of application simple and rational. The action of alcohol on the liver and stomach, and the brain nerves, is special. Congestion of some of these organs is removed by water applications. Water best allays the thirst of the inebriate. The action of water on the skin induces free cutaneous circulation, and thus relieves blood congestion. Its influence in soothing brain excitement or delirium is most remarkable. Gentle spine rubbings with mustard and water may often be used with advantage. A towel wrung out of tepid or cold water and placed over the stomach, covered of course with a blanket, acts like a charm on the brain in conditions of delirium. The sitz bath also is an important remedy. These and other simple and easily applied hydropathic processes have been used and their value tested in numerous cases. There is no secret in their use. Every medical man has them at his disposal and can apply them with facility. I repeat, the true *beverage* for the inebriate is water. It is also the true *remedy* for the disease. Water is as efficacious externally as internally.

Time, however, is as necessary as means. Even water and abstinence dislodge the enemy only after a long probation. One of the most direful effects of alcohol is *its subjugation of the will*. The brain is a long time before it regains tone, and the craving for alcohol frequently bursts out at intervals with renewed violence. In such cases compulsory restraint would meet the difficulty; but the law refuses it, because it will not acknowledge that drunkenness is a disease. The proposed new law merely recognises voluntary restraint, which, however, will be a legislative gain, and will meet the requirements of a limited number of cases.

Social influences are important in the treatment. Many dipsomaniacs are individuals of high nervous temperament, persons of social dispositions, influenced by words of kindness. The general treatment, therefore, should be genial and encouraging. The drunkard is a victim to false views and bad customs. Society has made him such, and society must unmake him, casting most blame on itself as the encourager of habits which are dangerous and seductive. Do not let us despair of the cure of the drunkard, but let us do our best to abolish the pernicious customs which have made him what he is.



DIETETICS.

FOOD AND FEEDING.*

By SIR HENRY THOMPSON.

(Concluded from page 41.)

FOR unquestionably tobacco is an ally of temperance; certainly it is so in the estimation of the gourmet. A relationship for him of the most perfect order is that which subsists between coffee and fragrant smoke. While wine and tobacco are antipathetic, the one affecting injuriously all that is grateful in the other, the aroma of coffee 'marries' perfectly with the perfume of the finest leaf. Among the Mussulmans this relationship is recognised to the fullest extent; and also throughout the Continent the use of coffee, which is almost symbolical of temperate habits, is intimately associated with the cigarette or cigar. Only by the uncultured classes of Great Britain and of other northern nations, who appear to possess the most insensitive palates in Europe, have smoke and alcoholic drinks been closely associated. By such, tobacco and spirit have been sought chiefly as drugs, and are taken mainly for their effects on the nervous system—the easy but disastrous means of becoming stupid, besotted, or drunk. People of cultivated tastes, on the other hand, select their tobacco or their wines, not for their qualities

as drugs, but for those subtler attributes of flavour and perfume, which exist often in inverse proportion to the injurious narcotic ingredients; which latter are as much as possible avoided, or are accepted chiefly for the sake of the former.

Before quitting the subject of dining, it must be said that, after all, those who drink water with that meal probably enjoy food more than those who drink wine. They have generally better appetite and digestion, and they certainly preserve an appreciative palate longer than the wine-drinker. Water is so important an element to them, that they are not indifferent to its quality and source. As for the large class which cannot help itself in this matter, the importance of an ample supply of uncontaminated water cannot be overrated. The quality of that which is furnished to the population of London is inferior, and the only mode of storing it possible to the majority, renders it dangerous to health. Disease and intemperance are largely produced by neglect in relation to these two matters. It would be invidious, perhaps, to say what particular question of home or foreign politics could be spared, that Parliament might discuss a matter of such pressing urgency as a pure water supply; or to specify what particular part of our enormous expenditure, compulsory and voluntary, might be better employed than at present, by diverting a portion to the attainment of that end. But for those who can afford to buy water no purer exists in any natural sources than that of our own Malvern springs, and these are aerated and provided in the form of soda and potash waters of unexceptionable quality. Pure water, charged with gas, does not keep so long as a water to which a little soda or potash is added; but for this purpose six to eight grains in each bottle suffice—a larger quantity is undesirable. All the great makers of these beverages have now their own artesian wells or other equally trustworthy sources, so that English aerated waters are unrivalled in excellence. On the other hand, the foreign *siphon*, made, as it often is, at any chemist's shop, and from the water of the nearest source, is a very uncertain production. Probably our travelling fellow-countrymen owe their attacks of fever more to drinking water contaminated by sewage matter than to the malarious influences which pervade certain districts of Southern Europe. The only water safe for the traveller to drink is a natural mineral water, and such is now always procurable throughout Europe, except in very remote or unfrequented places. In the latter circumstances no admixture of wine or spirit counteracts the poison in tainted water, and makes it safe to drink, as people often delight to believe; but the simple process of boiling it renders it perfectly harmless; and this result is readily attained in any locality by making weak tea to be taken hot or cold; or in making toast-water, barley-water, lemonade, etc.

I have rarely quaffed more delicious liquor at dinner in the warm autumn of Southern Europe, notably in Spain, than that afforded by ample slices of a water-melon, which fill the mouth with cool fragrant liquid; so slight is the amount of solid matter, that it only just serves to contain the abundant delicate juices of the fruit grown in those climates. Here the saccharine matter is present only in small proportion.

At the present day it appears desirable, before all things, to secure the highest quality of all produce, both animal and vegetable; a respectable standard being rarely attained

* These extracts are taken from valuable articles contributed by Sir Henry Thompson to the *Nineteenth Century* for June and July, 1879. The articles should be read by our readers in their entirety.

throughout our country in regard to the products of the latter kingdom. Great Britain has long held, and still maintains, the first place as to quality for her beef and mutton; in no other country in Europe—I cannot speak of America—is it possible to obtain these meats so tender, juicy, and well developed. The saddle, the haunch, the sirloin, and the round, so admirable on occasions, are only in danger of suffering here, like intimate friends, from too great familiarity with their charms. But even our standard of quality in meat has been gradually lowered, from the closer struggle, year by year, to produce a fat animal in a shorter space of time than formerly; a result which is accomplished by commencing to feed almost exclusively on oil-cake at a very early period of life. The result of this process is, that size and weight are attained by a deposit of fat, rather than by the construction of muscular fibre, which alone is true meat; while as necessary consequence the characteristic flavour and other qualities of fully developed beef and mutton are greatly wanting in modern meat.

Much more unsatisfactory is the supply of vegetable and dairy produce to our great city, particularly of the former. It must be confessed that our market at Covent Garden, in relation to capabilities for effective distribution of fresh vegetables, &c., would disgrace a town one-fifth of the size of London. Nineteen-twentieths of its inhabitants cannot obtain fresh green food on any terms, and those who succeed pay an exorbitant price. I think I am right in saying that a really new-laid egg is a luxury which a millionaire can scarcely insure by purchase; he may keep fowls, and with due care may obtain it, not otherwise. The great staple of our bread, commonly called 'baker's bread,' is unpalatable and indigestible; and I suppose no thoughtful or prudent consumer would, unless compelled, eat it habitually—used as it nevertheless is by the great majority of the inhabitants of this great city—any more than he would select a steak from the coarse beef whose proper destination is the stock-pot. Let any one compare the facilities which exist in most foreign towns for obtaining the three important articles of diet just named, with the parallel conditions afforded by London, and the inferiority of the latter will be so manifest as to become matter of humiliation to an Englishman.

To the long list of needed reforms I have ventured to advocate in connection with this subject, I must add the want of ample and accessible markets in various parts of London for what is known as country produce. I do this not only in the interest of the millions who, like myself, are compelled to seek their food within the limits of Cockayne; but also in the interest of our country gardeners and housewives, who ought to be able to supply us with poultry, vegetables, and eggs, better than the gardeners and housewives of France, on whom at present we so largely depend. We may well be grateful to these small cultivators, who by their industry and energy supply our deficiencies; but the fact that they do so does not redound to the credit of our countrymen.



CITY OF LONDON SCHOOL.—We are glad to learn that at the Court of Common Council on Thursday the intended opposition to the report of the City of London School Committee, on the selection of designs for the new building, was not persisted in, and that the report was carried in its entirety. We presume therefore that Messrs. Davis and Emanuel, the winners of the first premium, will be enabled to see carried out successfully the design which they have shown such skill in adapting to the requirements—architectural, educational, and administrative—of the school. They have already shown, by their energy and skill, that they are qualified for the work of seeing that the building to be erected shall be worthy of their own professional reputation, and an honour to the Corporation.

WHOLE-MEAL BREAD.

THE FOUNDERS' CO-OPERATIVE ASSOCIATION, LIMITED.

OUR readers will have observed in our columns several articles in which the use of whole-meal bread has been strongly recommended. We are interested in the question, believing it to be one of very great importance. Indeed, it is perhaps the most important question in dietetics. With the bread question set right the people would be much healthier. Hence we are inclined to aid any well-devised scheme which promises improvement on the existing method of making and dispensing bread.

We had known H. W. Hart by repute for some years as the inventor of the improved bread which bears his name. And it was upon his assurances that the advertisement of the Founders' Association was admitted into our columns. Upon investigation, however, we cannot recommend the scheme. Mr. Hart informs us that he is not now connected with it; but we have nothing to say upon existing differences between himself and the Founders' Association.



DOMESTIC ECONOMICS.

SOME MISCELLANEOUS HINTS FOR HOUSEKEEPERS.

BY THE REV. F. WAGSTAFF, F.R.H.S.,

Editor of the *Lay Preacher* and the *Temperance Worker*.

(Continued from page 20.)

It is not a bad plan to tear off from letters the half-sheets not written upon, and keep them in a drawer or desk. There is frequent occasion for a piece of clean paper to make a memorandum upon; besides which, there are many purposes to which such paper can be turned to account, such as covering preserve-jars, etc.

Raking out the fire at night is *not* economical, as the practice greatly increases the risk of fires. With a little management, a clear fire may be kept up till bed-time without leaving much coal then to burn out. A bushel of small coal or of sawdust, or both mixed, two bushels of sand and a bushel of clay, if made into balls or bricks, and allowed to set firmly, will, if placed in the back of the fire-place, effect a great saving in coals.

The oftener carpets are shaken, the longer they will last; the dirt that accumulates under them grinds the threads to pieces. Small patterns wear best.

Do not be ashamed to be known as economical. Why should you pass by a pin without picking it up, as if it were of no value?

Why should housewives, in their dread of 'untidiness,' insist on having beds made so soon after they are vacated? The practice is most unhealthy. It should be remembered that of all food and drink taken, at least three-fifths pass out of the system through the outlets of the skin, that is, the pores. This waste and putrid matter is dead and poisonous, and as it passes off more rapidly by night, the bed-clothes become more or less saturated with it. Hence the necessity for thoroughly purifying the bedding. This is done most effectually by exposure in the light of the sun, and in the morning air. The

sun is the great purifier, and 'nothing is hid from the heat thereof.' The Dutch method is a wise one: all the movable parts of the bedding are placed on two chairs near the window, where they are allowed to remain till the afternoon.

A good way to preserve blankets from moths is to fold and lay them under the beds that are in use, and they should be shaken occasionally.

Bear in mind that downy and fibrous materials readily receive infection. Hence the importance of thoroughly airing from time to time all such articles. In case of sickness it is a very common practice to sprinkle vinegar freely, but the only result is to overpower by its odour the smell of a sick-room. Nor is there anything gained by burning brown paper, pastiles, tobacco, etc., as the only end accomplished is the substitution of one smell for another. Professor Faraday used strongly to recommend chlorine gas as a disinfectant. Mix equal quantities by weight of common salt and manganese (which you may obtain of any chemist), stirring the two well together. Place a small quantity of this mixture in a shallow pan, upon which pour a little sulphuric acid that has been diluted with water. Of course, care is requisite in dealing with sulphuric acid, as it corrodes any substance it may be spilt upon. Chlorine gas will be slowly evolved from this mixture for several days, and if allowed to mingle freely with pure air is in no way unpleasant or injurious.

For the purification of sink-drains and the pipes leading from water-closets, use the following preparation:—Dissolve half a pound of copperas in two gallons of water, to which add one quart of powdered charcoal. Heat this mixture nearly to the boiling-point, and use about a quart at a time.

Drawers or wardrobes, especially where woollens are kept, should be occasionally emptied and left open to the influence of the fresh air and sunshine, and all the corners cleared from dust. This, and *taking care never to put away clothes damp*, will be more likely to prevent the moth than any recipe that can be given for the purpose.

Dust your grates with unslaked lime, and so preserve the steel from rust.

Although it is still summer-time—according to the almanack—it may not be amiss to give a few hints upon lighting and managing fires. Fill the grate with fresh coals, broken into small pieces, as far as the upper bar but one. Then lay on the wood, over which place cinders saved from yesterday, piled as high as convenient, and as lightly as possible. After the wood is lighted, and the cinders are becoming hot, sprinkle among them a handful of very small coal. The cinders becoming in a short time thoroughly ignited, the gas rising from the coals below will take fire and burn instead of passing wastefully up the chimney in the shape of a dense smoke. A fire lighted in this manner will continue burning all day with little attention beyond sprinkling a few small coals on the top, and very occasionally loosening the mass with the poker.

Never allow knives to be placed in hot water so as to wet the handles. Insist upon their being properly cleaned. A simple way of doing this is to rub on some well-powdered brick-dust with the half of a raw potato. The juice of the potatoe assists in cleaning the steel.

A piece of soap will prevent the creaking of a door if rubbed on the hinges, should no oil be at hand.

To preserve the colour of new flannels and prevent their shrinking, place them in a tub and cover with boiling water before washing them for the first time. Let them remain in the water till it is cold.

To take oil and grease stains generally out of boards, mix some soda and water, made strong, and a little unslaked lime. Scour over the spot with it, and wash off quickly. This will do for stone-flooring as well. In scrubbing boards, go with the grain of the wood, wash off the dirt quickly after scrubbing, and rub dry with a coarse cloth.

If a common wooden pail receives two or three coats of common opal varnish on the inside before being used, it will never become water-soaked, nor will it give any disagreeable flavour to water that may be allowed to stand in it for any length of time. Thus its usefulness and durability are greatly increased.

The smoke of burning charcoal will destroy black beetles, or borax may be sprinkled in the places they infest. But the surest method of preventing any accumulation of these unpleasant visitors is *perfect cleanliness*. Let corners and dark places be thoroughly washed, and allow no 'odds and ends' to lie about in out of the way places.

Remember that a dark house is always an unhealthy house, because it is always imperfectly ventilated, and can scarcely help being a dirty house. As Miss Nightingale says, 'People lose their health in a dark house, and if they get ill they cannot get well again in it.'

Bread should never be cut till it is a day old. Insist upon the loaf being cut evenly. In a large family fragments of bread and ends of loaves are likely to be left. They make excellent puddings.

In summer-time avoid the common practice of drinking freely. The use of artificial drinks, of whatever kind, increases thirst rather than quenches it. A little water now and then, some juicy fruit at meals, and careful avoidance of highly-seasoned food, will prevent thirst, and a large amount of wasteful expenditure will be avoided. Tea and coffee, when strong, are exceedingly injurious. It is quite possible to dispense with both these articles, to the advantage of one's pocket.

Keep a precise account of all your expenditure, entering every detail, and often looking over the items to see what might have been dispensed with. Never omit any item, and especially avoid putting down a lump sum as 'sundries.' It is often in the miscellaneous expenditure, covered by that ambiguous word, that the greatest room for economy may be discovered.



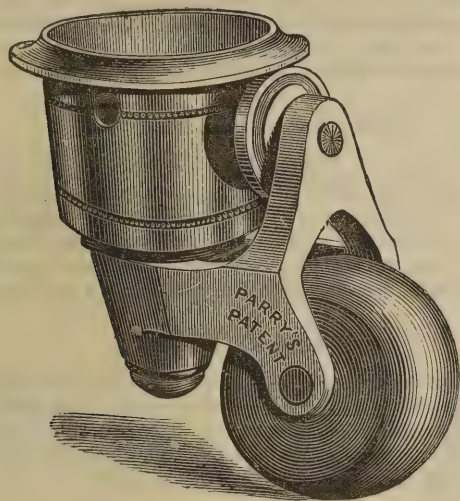
PARRY'S NEW CASTOR.

THE more valuable an invention, the simpler it generally is; hence it is usual for people to say, when first seeing a thoroughly successful appliance, 'Really, how simple! Why was this not seen before?' It is just so with Mr. Parry's castor. Indeed, when compared with a castor in common use, the latter has all the appearance of being so crude and unfinished as to be only half a castor!

It is marvellous, considering the inconvenience and vexation—the damage to furniture and wear of carpets—occasioned by

the continued failure of castors, that the simple and efficient improvement introduced by Mr. Parry was not brought into use long ago.

We give a cut of the invention, so that our readers may see it for themselves.



Several correspondents have written us expressing their inability of procuring Mr. Parry's Castor from the ironmongers. But if purchasers insist on having the article, tradesmen, in the end, will procure it for them. Where any great difficulty is experienced, they should write to the patentee, Carington Road, Sale, Cheshire.



CURRENT OPINIONS AND EVENTS.

A NEW coffee-tavern was opened at Streatham Common by the Lord Chancellor on Monday last. His lordship expressed a strong conviction of the good work which is being done by the extension of these establishments. To his mind the question of temperance was a very serious thing for this country, and he did not think we did better work than when we lent our hand to any effort which would promote the cause of sobriety.

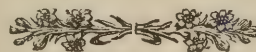
There can be no doubt of the seriousness of the question. Evidence of the potency of drink in creating crime is accumulating day by day. In charging the Grand Jury at Liverpool on Monday, Mr. Justice Lush expressed his conviction that if every case were weeded out of the calendar which sprang directly or indirectly from drunkenness, there would be very few left.

The importations of live stock from the United States and Canada continue exceptionally large, in spite of the regulation that the animals must be slaughtered at the port of debarkation. Last week the arrivals at Liverpool were more numerous than they have been any week this season, giving a gross total of 2,271 cattle and 5,981 sheep. The quantity of fresh meat was much below the previous week, being only 2,540 quarters of beef and 625 carcasses of mutton, against 3,990 quarters of beef and 978 carcasses of mutton the week before.

As it may be useful to give the figures representing the importation of live and dead meat during the year 1878, we extract the following from the annual returns:

'The total number of animals brought to our shores was 1,201,498, being an excess of 106,216, or 10 per cent. of the number imported during the year 1877. Of these 197,100 were oxen, 27,000 calves, 892,125 sheep, and 55,911 pigs. The chief countries of supply were the United States, Denmark, Holland, Germany and Spain. The trade in fresh beef from America gradually increases, the total being 479,000 cwt., or 9 per cent. more than was imported the previous year. The total quantity of animal food—i.e., beef, mutton, fresh, preserved and more or less salted, including bacon, ham and pork—imported in 1878 was nearly 6,000,000 cwt., showing an increase for the year of 1,500,000 cwt., or 35 per cent. Although the increase in the quantity of bacon and ham was 51 per cent., the augmentation in value was only £1,723,000, or 25 per cent., prices during the year having been unusually low.'

Bad reports of the condition of the crops come from the neighbourhood of Shrewsbury. Many fields of hay are not yet cut; wheat is, on the whole, poor; barley is a complete failure; and oats are very indifferent. A Yorkshire farmer, who has kept a record since 1858 of the time of shooting the ear, shows that this year it was a month later than most of the years since 1858.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

HOMES FOR WORKING GIRLS.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

I have just been reading in your valuable paper *House and Home*, which we regularly take in, an account of the opening of a new 'Home for Working Girls.' It has occurred to me that you may be interested to hear of a lodging-house scheme which we have had in operation for two years on a philanthropic and business foundation. We found that near our station for London there were no decent or safe cheap quarters suitable for women. The scheme originated with the Bishop of Manchester, and has been organized successfully by our committee. I enclose our last report. Should you wish for further details, I wrote two articles, entitled 'Our Station Lodging House,' in the May number for 1878, and the March of this year of 'Woman's Work Magazine' (Partridge and Co.).

The main thing is to be near and in sight of the station if possible; probably all large towns are alike in their need of safe shelter in a public thoroughfare. Others have opened another for the Lancashire and Yorkshire Railway at Victoria Station. Unfortunately it is not in sight of the station, and is rather difficult to find. I enclose a card: our tariff and charges are alike. We have 1s., 8d. and 6d. beds, and can accommodate fourteen at London Road. When lodgers repeat their visits, or stay over a night or so, our matron requires a reference. I am the non-resident honorary superintendent, and I fear unless the scheme is carried on by the wise supervision of a lady it will not do all we aim at. My heart's desire is that there should be one, say a few rooms over a shop (like ours in London Road; we have only five, and one is partitioned in two to make a sitting-room), near every large central station in every large town. Unless engaged in the management, no one could realize how necessary it is. If you or your friends can help, so much the better.

I am, yours truly,

JAMES E. WRIGHT.

Treasurer and Hon. Superintendent.

9, Addison Terrace,
Victoria Park, Manchester.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

If ever I should affect injustice, it would be in this; that I might do courtesies and receive none.—*Owen Felltham.*

When the state is most corrupt, then the laws are most multiplied.—*Tacitus.*

Courage, whoever circumvents !
 Courage, courage, whoever is base !
 The soul of a high intent, be it known,
 Can die no more than any soul
 Which God keeps by Him under the throne ;
 And this, at whatever interim,
 Shall live, and be consummated
 Into the being of deeds made whole.
 Courage, courage ! happy is he,
 Of whom (himself among the dead
 And silent), this word shall be said :
 That he might have had the world with him,
 But chose to side with suffering men,
 And had the world against him.

Mrs. Browning.

The labour of the body relieves us from the fatigues of the mind ; and this it is which forms the happiness of the poor.—*Roche foucault.*

Labour rids us of three great evils—irksomeness, vice and poverty.—*Voltaire.*

We are so wonderfully formed, that, while we are creatures vehemently desirous of novelty, we are as strongly attached to habit and custom. But it is the nature of things which hold us by custom, to affect us very little while we are in possession of them, but strongly when they are absent. I remember to have frequented a certain place every day for a long time together : and I may truly say, that so far from finding pleasure in it, I was affected with a sort of uneasiness and disgust : I came, I went, I returned without pleasure ; yet if by any means I passed by the usual time of my going thither, I was remarkably uneasy, and was not quiet till I had got into my old track. They who use snuff, take it almost without being sensible that they take it, and the acute sense of smell is deadened, so as to feel hardly anything from so sharp a stimulus : yet deprive the snuff-taker of his box, and he is the most uneasy mortal in the world.—*Burke.*

I have found that there is no mental pleasure like dwelling intensely for a time on one topic or one task ; and that distraction and dispersion lead to fatigue and ennui. Nothing can ever be superfluous which contains sound sense, or elevated or tender and virtuous sentiment, expressed with manliness and force. It is affectation which ruins everything ; and I call every thing affectation which is imitated, but most of all which is mimicked.—*Sir E. Brydges.*

Whatever passes as a cloud between
 The mental eye of faith and things unseen,
 Causing that brighter world to disappear,
 Or seem less lovely, and its hope less dear ;
 This is our world, our idol : though it bear
 Affection's impress, or devotion's air.

Sabbath Recreations.

I should violate my own arm rather than a church, nor willingly deface the memory of saint or martyr. At the sight of a cross or crucifix I can dispense with my hat, but scarce with the thought or memory of my Saviour ; I cannot laugh at but rather pity the fruitless journeys of pilgrims, or condemn the miserable condition of friars ; for, though misplaced in circumstance, there is something in it of devotion. I could never hear the *Ave Maria* bell without an elevation, or think it a sufficient warrant because they erred in one circumstance, for me to err in all, that is, in silence and dumb contempt ; whilst, therefore, they directed their devotions to her, I offered mine to God, and rectified the errors of their prayers by rightly ordering mine own.—*Brown's Religio Medici.*

THE HOUSEWIFE'S CORNER.

A PLEASANT DRINK.

Put a teacupful of cranberries into a cup of water, and mash them ; in the meantime, boil two quarts of water with one large spoonful of oatmeal and a bit of lemon peel ; then add the cranberries, and as much fine sugar as will leave a sharp flavour of the fruit ; boil for half an hour and strain off.

RAGOUT OF EGGS AND MUSHROOMS.

Take some large mushrooms, peel and scrape them clean, put them into a saucepan with a little salt, cover them, and let them boil a little ; then put in a gill of milk, an ounce of butter rolled in flour, seasoned with mace and nutmeg ; boil it till it be of a good consistency. Have ready six hard-boiled eggs ; take out the yolks whole ; put some toasted sippets in a dish and the yolks upon them, then pour over the whole of your ragout.

CARROT PUDDING.

To three-quarters of a pound of carrot, when boiled and pulped through a sieve, mix a quarter of a pound of savoy biscuits, four yolks and two whites of eggs well beaten, six ounces of butter beaten to cream, a little nutmeg and two ounces of sugar, the rind of a lemon boiled till tender and pounded, and the juice of two ; bake it in puff paste.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates :—

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Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.]

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 29, Vol. II.]

SATURDAY, AUGUST 9TH, 1879.

PRICE ONE PENNY.

REGISTERED FOR TRANSMISSION ABROAD.



THE REV. F. WAGSTAFF, F.R.H.S.

DEPARTMENT OF THE INTERIOR
BUREAU OF LAND MANAGEMENT
WASHINGTON, D. C.
JULY 1879

NEW YORK: VAN NOSTRAND, PUBLISHERS.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: AUGUST 9th, 1879.

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THE REV. F. WAGSTAFF, F.R.H.S.

THE REV. F. WAGSTAFF, well known as a lecturer and a contributor to many of our social and religious periodicals, is a native of East Anglia, having been born at Stanway, Essex, on the 30th of November, 1837. A lover of books from childhood, Mr. Wagstaff had the advantage in his youth of close association with his relative, John Brown, Esq., F.G.S., to whose researches geological science is greatly indebted for many valuable discoveries in Essex and Suffolk. In these Mr. Wagstaff took an active share, many of the fossil remains now displayed in the British Museum having been exhumed by him. For some years Mr. Wagstaff was connected with the press, but in the year 1865 he was led to enter the ministry as pastor of the Congregational Church at Hartland, Devon. From thence he removed to fill a similar position at Dawlish. Having for several years previously advocated temperance and other social reforms, both on the platform and through the press, Mr. Wagstaff left Devonshire in 1872, and devoted two years to incessant travelling and lecturing in the North of England in connection with the British Temperance League, for which he has written a number of widely-circulated tracts.

In 1874 Mr. Wagstaff removed to Great Barr, near Birmingham, where he still resides, occupying himself mainly with the advocacy of various reforms, his pen being freely placed at the service of the advanced movements of the day. He was for nearly two years editor of the *Good Templars' Watchword*, and has produced the *Temperance Worker* monthly for upwards of six years. In addition to these literary labours, he succeeded the Rev. Dawson Burns as editor of *Graham's Temperance Guide*, and last year became proprietor and sole editor of the *Lay Preacher*, an unsectarian magazine designed to furnish hints and helps for the class of men whose name it bears.

The Congregational Church at Wednesbury, three miles from Great Barr, being without a pastor, and unable to raise an adequate stipend to maintain one, Mr. Wagstaff has for some time past devoted his Sundays to the supply of the vacant pulpit—an addition to an already heavy burden of work, which led to a serious illness in the beginning of this year, from which he is only now partially recovering.

A large portion of Mr. Wagstaff's labour has long been gratuitously rendered—a fact to which his successor in the editorship of the *Watchword* generously bore testimony when he wrote of him that 'he must in justice be ranked with those whose work as educational pioneers in modern temperance effort has been characterised by the highest principles of unselfish devotion to a good cause.'

To the readers of *House and Home* Mr. Wagstaff has already made himself familiar by his valuable contributions on household and domestic economy. His articles are perhaps the most practical and suggestive of any which have appeared in our columns, and we feel that few portraits would be more welcome to our subscribers than that of their friend and adviser, Mr. Wagstaff.

Mr. Wagstaff's literary ability was handsomely recognised by one of the learned societies a few months since, when the council of the Royal Historical Society unanimously conferred upon him a diploma investing him with the fellowship of that body.

PHRENOLOGICAL SKETCH OF THE REV. F. WAGSTAFF, F.R.H.S.

BY PROFESSOR STACKPOOL E. O'DELL.*

EXECUTIVE power is here very plainly manifested. How many are there with intelligence of a superior nature who go through life with their heads bowed down like bulrushes! Some with large language, who make stirring speeches, and give expression to sublime ideas, but not on the platform, not before the multitude, but in the silent chamber of their own mind—none one whit the wiser for their silent eloquence, none the wiser! They are deficient in executive power.

How many are there with the abilities required for the artist's pencil, whose judgment in regard to form and size is most accurate, and as for colour, they can see one hundred shades where ordinary people will see but a few, and they know to a nicety what matches so as to please the eye and judgment—and many such want but executive abilities to become world-renowned artists.

We have come across men whose great constructive ingenuity would span rivers, build edifices, and tunnel through mountains with more durability and less time and expense than has been ever dreamed of; yet had not executive power to build the smallest conservatory to grow flowers in.

We have heard men talking politics with great comprehension

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

and wonderful foresight, whose gigantic plans were built upon such solid bases as would give you to suppose that they were born just in time to set all and every wrong right, yet had not sufficient executive power to reform their own faults or those of their household.

Let this ingredient of the human mind be minus, and weakness is the result; nay, though in all powers strong, yet all combined cannot make up for executive power.

Now this power sometimes comes from one particular source, but generally from a combination of mental sources. Here it would come from 'combateness' and 'destructiveness,' under the guidance of 'conscientiousness,' influenced by the intelligence.

What an uprising there would be here at an act of injustice! What a torrent of indignation could this large language give expression to in denouncing the wrong, in proclaiming the right!

Here is executive power that can overcome obstacles, break down barriers, and accomplish the plans of the mind.

While this head to a great extent illustrates executiveness of purpose, it will be very much so in conjunction with his large sympathetic nature.

When we see heads like this, we wish there were more of them—men to take the lead, to organise the troops, to lead in the battle—not alone to plan, but to put the plan into execution. Then indeed would our armies become powerful to the pulling down of strongholds.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—Lord Beaconsfield.

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

THE space occupied this week by the report of the extraordinary meeting of the shareholders of this Company, precludes us from discussing the results of the meeting at any length. We think, however, that those who have taken the initiative in opposing some of the propositions of the board may fairly congratulate themselves on the success attending their efforts.

As our readers well know, we have a strong opinion upon one or two points regarding which the opposition was not successful; but, viewing the apathy of the shareholders, we are quite satisfied with the measure of success attained, and

trust the interchange of opinion will have a salutary effect both upon the board and on the shareholders. We predict that the latter will be more vigilant by-and-by.

An extraordinary general meeting of the above-named Company was held on the 30th July (Hon. EVELYN ASHLEY, presiding), to consider a resolution to repeal the existing articles of association of the Company, in so far as they might not be repeated in the new articles proposed to be adopted, and to adopt certain articles as the articles of association of the Company; and also to consider, and if approved, to pass a resolution increasing the capital of the Company by the sum of £250,000, in 2,500 preference shares of £10 each, carrying a non-cumulative preferential dividend of £4 10s. per cent. per annum over the ordinary shares of the Company, and authorising the directors from time to time to issue such shares to such persons as they deem fit, and without first offering them to existing members.

The Secretary having read the notice convening the meeting,

The CHAIRMAN said: I think I may be allowed to remove any misapprehension there may be in the minds of the shareholders. What I wish particularly to point out to the ladies and gentlemen present is, *that judging by the correspondence we have received*, there has been considerable misapprehension as to the object and scope of the alteration of the articles of association. I think we ought to take a little blame to ourselves, and *perhaps it would have been better had we sent out, side by side, in parallel columns, the new and old articles of association*; but that involved more trouble and expense than we thought necessary. *But there is a great change to be made in the articles*, and the history of the change we propose is simply this. There has been a generally expressed opinion that our shares should be quoted on the Stock Exchange. We must have inserted in our articles of association for that purpose a proviso which would forbid the purchase by the Company of their own shares. Well, then, having provided for that, I understood that it would be necessary to call together a meeting of shareholders when we should deem that necessary. Now, here are these articles of association, many of them obsolete, many of them superfluous. We thought 'if we are going to call the shareholders together, let us put these articles in a ship-shape form, and get rid of what is obsolete. We submitted them to Messrs. Ashurst, Morris, & Crisp, our solicitors, and to Mr. Maurice Powell, barrister, a shareholder, the result is what we are going to point out to you to-day. Now there are one or two amendments which we shall offer to you, but what I propose doing is to put the resolution formally to the meeting—that is, moving it; but before I put it to the meeting, I will take each of these new articles and read out the number, so that if any gentleman has any amendment to move, or any observation to make, he can then do it, but as we have a large amount of business to do, I hope and trust that gentlemen will be as short as possible. Any alterations or additions which we think not of vital importance we shall only be too happy to submit to this meeting. The motion I have made is—'That the existing articles of association of the Company be, and the same are hereby repealed, so far as they are not repeated in the articles hereby adopted, and that the articles, a copy whereof is now produced, be, and they are hereby, adopted, as the articles of association of the Company.'

Mr. JOHN MANN: I find we have nothing as to how the alterations bear on the old articles. I think we ought to know what the necessity is for the alterations. There are a number of alterations made here in these articles which certainly make a great difference.

The CHAIRMAN: I only want to suggest to you whether this would not come better after we have gone through these articles *seriatim*.

Mr. JOHN MANN: I presume that every one is conversant with the articles of association sent them; and it would be, perhaps, better for some of the shareholders to note some of the alterations than to take it for granted and pass them. I do not say you would pass them as a whole, but I now hold that it would only be proper, and in order, that this be referred back to the board, and the old articles printed side by side with the new, and sent to each shareholder, to come before a future meeting, and then they would be prepared to say what should be done.

Rev. J. MACDOUGALL: I propose 'That the consideration of the proposed resolution authorising the revision be postponed for four months, and that in the meantime a committee be appointed, to consist of the secretary, four directors, and five independent shareholders, to go carefully through the proposed revised articles, draw up a synopsis of the same, and to report to an extraordinary meeting to be held for that purpose.' In proposing this resolution I am only carrying out a policy indicated to the chairman in a

correspondence we have had. As one of the largest shareholders in the Company I am anxious for shareholders to have the fullest opportunity of judging the character of the proposed changes. The directors ought to take us into their confidence, especially in a matter of this sort. Indeed, the present chairman, in August, 1877, urged the shareholders of this Company to look well after the directors, and I feel that they ought to do so. I move this resolution in order that we may have the advantage of the co-operation of the shareholders with the board.

Mr. M. POWELL had the impression that the new ones modified really in very slight particulars the old articles. He thought there were only four or five exceptional alterations, or what he might call to any extent real substantial alterations, which had been made in the articles of association, and to every one of those portions he meant to call attention as they were called over. He wanted to ask the meeting whether any good would be done by prohibiting the transfer of shares. He was obliged to speak, to a certain extent, from a legal point of view, and he must really ask whether they might not fairly consider the articles which were then proposed. He had given considerable attention in considering the old articles, and he would call the attention of the meeting to the alterations which might with advantage be made. He really would ask the gentlemen who were there to consider, now they were there, whether they had better not go on with what was commenced.

Mr. PEARCE readily seconded and supported very strongly Mr. Macdougall's resolution. It seemed to him a very strange proposal which they had met to consider. It was admitted the existing articles of association were not perfect, and he thought it would be admitted, too, before the meeting ended, that the proposed articles of association were not perfect either. The shareholders had been applied to in an extraordinary manner, considering the gravity of the question. They received first a notice convening an extraordinary meeting for the 21st July instant, to amend the articles of association, and the compliment of even sending the new articles was omitted. Wiser counsels subsequently prevailed, he supposed, and new articles were sent out with a fresh notice convening the meeting for that day, and a circular asking for proxies, an extraordinary cause he considered, in the absence of full information. They—the shareholders—would have to consider whether it was necessary and wise to put more power into the hands of the board. In the circular asking for proxies it stated that certain preferential shares would be offered to the shareholders, but in the resolution it said without offering them *pro rata* to the shareholders.

The CHAIRMAN: Pray don't go into the second resolution; we shall only get into a broil.

Mr. PEARCE felt most strongly that this was an important matter. As to the mere begatelle of expense in printing a thirty or forty page pamphlet, he did not think that ought to be mentioned, considering the large amount spent in certain directions, especially for salaries, by the present board. He thought it should be beneath the directors to shelter themselves behind such a plea as that of expense. Now, it was their duty to see that certain matters were rectified. It would be absolutely necessary that not only for the old articles to be sent with the new, but that a synopsis should accompany them, giving in plain English the effect of the proposed alterations. Certainly the board could not resist such a request as that, and he had the fullest feeling of assurance that a resolution adjourning the meeting would meet with approval.

Mr. WOSTER said that, confident as he was that in revising these articles of association they had in view the interests of the shareholders of the Company, he strongly urged that the meeting should have a discussion on each separate article as they reached them.

Rev. Mr. HOLBORN thought that one reason why they should proceed with the business and not carry the amendment was, that it would be more for the convenience of the shareholders present. He had travelled two hundred miles to attend the meeting. The only thing he had to say was that probably those shareholders who were interested in the working of the Society had taken the pains to get the old and the new rules, and carefully compare them.

A SHAREHOLDER hoped that they would not take a leap in the dark without hearing something more than they already knew. He thought they ought to adjourn the meeting. The articles of association were not complete. There was no provision for the appointment or election of officers. There were a great many things that wanted wonderful revision, and unless one knew on what basis this Company was started, one did not see one's way clear.

Mr. JUDGE (a director) asked that the amendment be withdrawn until they were in a position to discuss it, and then he thought Mr. Macdougall's proposition would come in. It must be remembered that they had agreed

in one point of view, and they had had an opportunity of discussing and considering those two articles.

Mr. SWINDLEHURST maintained, on behalf of the shareholders present, that it was important that the matter should be adjourned, so that the whole of the shareholders might have an opportunity of judging. He agreed with Mr. Pearce that the alterations suggested would give power to the directors. If they did not allow the adjournment, he had not the least doubt that documents and circulars would be issued which would prevent would-be shareholders from taking shares.

Dr. DRACACHIS said they might not be lawyers, but they were men of common-sense. They must not suppose that because lawyers were there, common-sense men could not understand things. Besides, if the directors wished that the common people—and they might be called the common people—should understand what they meant, it was as easy to speak plainly as to make a subterfuge. He had only one share, and he did not take it for the interest he had in it, but he came to speak for the poor men living on the Queen's Park Estate, where he resided. He found that almost all the companies that had been ruined had been ruined by the directors. (Oh, oh!) Well, look at Glasgow! It was when a man had got the power into his hands—that was the time he used it; when he knew he could do as he pleased, and what he pleased—

A SHAREHOLDER: Is the gentleman in order?

The CHAIRMAN: He will sit down soon.

Dr. DRACACHIS went on to say that the shareholders should not carry these resolutions until they were actually put side by side before them, and then, if one in ten did not read them, it was their own fault. He cared little for himself, but he had seen so much in these companies—and he belonged to fifty or sixty of them—and he said that unless the shareholders had power in their hands, and they could control the directors, ruin would come in time. We must not forget that we have on the board one gentleman who had openly threatened the small shareholders that he would so revise the articles as to take from them the power of speaking at these meetings; and another at the same meeting was so ungentlemanly as to try to tear a paper for his (the speaker's) hands.

Mr. DAVIS: I saw that myself.

Mr. DROOP (a director) rose and was understood to apologise for having done as described.

Mr. DODDS, M.P., sincerely hoped that the board would persevere with the business. That they should adjourn the matter *en bloc*, merely for the purpose of printing the articles of association, he thought would be absurd. If the business was allowed to proceed in the ordinary way, he thought it would be very much for the interest of the Company.

Mr. DROOP (a director): I wish to mention one thing, that not a single shareholder has asked us for the old articles.

Rev. J. MACDOUGALL: That cannot be so, for I applied for one myself.

The CHAIRMAN said they must get on with the business. There were gentlemen all round who were saying that this was to increase the power of the directors. On only one point did they do so, and that was the power to decrease the transfer of shares. They diminished the power to fix remuneration for the members of the board; and secondly, they took away the power to enter into contracts with members of their Association. They took away the power of the directors to take custody of the deeds, and they increased the quorum from two to three. They took away the power of the directors to decree dividends not claimed in three years to be forfeited. The old articles of association enabled the directors to have meetings merely by advertisement in two newspapers, and now they had to give notice to the shareholders. The only thing in which they increased the power of the directors was as to the transfer of shares. Now, was it not extraordinary to notice the working of some people's minds? There were gentlemen who, before they took shares, did not read the articles of association, drawn up by they did not know who, and probably to this day they had not looked at them. They had been told that the new articles had been submitted to Mr. Maurice Powell, and settled by Ashurst, Morris & Co., the leading solicitors in the city of London. What more could they ask? The directors would take care that between that meeting and the confirming meeting the shareholders should have everything sent to them. He wanted again to give emphatic denial to the statement by a gentleman that there had been a radical change. *There had been no radical change.* There had been *no radical change whatever*—in fact, if they (the directors) studied their own ends, they should simply call the shareholders together, but they thought it was an advantage to bring these articles into harmony. The directors could not possibly accept that proposal—it would be a direct vote of want of confidence. He hoped they would proceed to business.

Mr. MACDOUGALL : If I withdraw the amendment will the board undertake not to use the proxies?

The CHAIRMAN : Not absolutely ; but we will, as a rule, abide by the decision of the meeting.

The amendment was put and declared lost.

The CHAIRMAN : I will now call out the number of each article, and if no member has a proposition on it we will consider it to be carried.

Mr. MANN : I don't think that will be satisfactory ; they should be read out.

The CHAIRMAN : Well, we will do this : we will read those articles in which an alteration is made, and Mr. Platt shall point out what the alteration is.

Mr. PHILPOTTS (a director) suggested that it would be more in order for the Chairman to do that, rather than the Secretary.

The CHAIRMAN proceeded to do this until Article 13 was reached, when

Mr. PEARCE moved an amendment substituting 'the instrument of transfer as given in the Companies Act' for 'such form as the board may approve.' He contended that, while the directors should have a discretionary power to accept any form of transfer, there should be a form which they could not under any circumstances reject. It would be for the convenience of shareholders if the form was given, as they could then execute a transfer without the assistance of a lawyer or agent.

Mr. YATES seconded the amendment, which was adopted.

Mr. MAURICE POWELL moved, as an amendment to the same article, that the words, 'The directors may decline to register any transfer of shares made by a member to any person not approved by them,' be left out therefrom. He contended that the power was an unusual one, and believed that it would operate against the prosperity of the Company.

Mr. PEARCE seconded the amendment. The question, to his mind, was one involving the free transfer or conveyance of property. He did not believe in such restrictions as the directors desired to be able to impose on the shareholders. If carried, their proposal would operate against the future sale of shares, and existing shareholders would suffer by the uncertainty of a free market for their shares. An attempt had been made to make capital out of improving the articles, but shareholders should not forget that under the existing articles the Company had grown until its members numbered some 2,500. That was under a policy of freedom of transfer. One gentleman, a member of the board, had promised, before he became a director, that he would lend his assistance in revising the articles ; but the document they were now considering did not contain clauses fulfilling his promises. He promised improvements in the direction of limiting the power of small shareholders and in appointing the auditors ; and although these were not fulfilled, there were evidences that he had had a directing hand in the revision. That gentleman was himself the managing director of another company, the articles of which were very stringent on the point now under consideration ; for he found that in his Company—'The directors shall have absolute power to refuse any transfer made to a person or persons whom, or any of whom, the directors may deem not to be a desirable member or members of this company, for any reason whatever, pecuniary or otherwise ; and no shareholder or proposed transferee shall be entitled to require the directors to state the reason of such refusal.' (Oh, oh !)

The CHAIRMAN : You are not in order in going into these matters.

Mr. PEARCE : But I have the document issued to the shareholders in my hand, and to put myself in order I will read the pledge given in it to assist in this matter if necessary. I think I am in order, and that the information I am giving is to the point. I am making no invidious distinction in selecting this Company's articles—I have others here to deal with ; for I have been searching the Joint Stock Companies Registrar's Office for articles having the obnoxious clause, and I wish to show you how it operates on the success of these companies. The company to which I was referring has existed several years, and its object is a laudable one ; but it has only sixteen shareholders, with £1,173 paid on shares. That is under the policy of exclusion !

Mr. KEMPSTER (a director) : It is my company to which reference is made ; but my articles were expressly drawn to keep people out. It is a private company. The two companies are quite different.

Mr. PEARCE : The next company is an exactly similar one ; but perhaps I had better not give the name. It has been in existence several years ; its board is a most influential one—it has all the advantages of great names ; the Prime Minister has countenanced and assisted the scheme ; but, according to a return made in July, 1878 (the last one registered), it has not got £60,000 of share capital. This company has the excluding clause, and I ask shareholders to bear in mind the result. I could give other instances. Shareholders should resist the present proposal of the board,

The Rev. SYDNEY BOTT supported the amendment. He was of opinion that unless the words were struck out the shares would decrease in value.

Dr. W. H. HEWITT, J.P., strongly supported the amendment. He was for the freest transfer possible.

Mr. MANN perfectly agreed with Clause 13, and thought the board should have power to refuse a transfer.

Dr. DRACACHIS thought the board ought to refuse to take a man of straw, but in a case where the shares were all paid up, and it was no detriment to the Company, he thought the directors ought not to have the option of rejecting the transfer.

Milder amendments were proposed by Mr. DODDS, M.P., and the Rev. H. V. Le Bas (a director) ; but these did not gain substantial support.

The CHAIRMAN explained that the object was to enable the directors to refuse the transfer to a stranger whose presence might be detrimental to the interests of the Company. It did not apply to one member transferring to another. It must not, however, be a capricious refusal, and the directors would be called upon by law to give some reason why they did refuse.

The CHAIRMAN put the amendment, which was rejected by 30 votes as against 28. (Applause.)

The CHAIRMAN : The next question I have to put to the meeting is—'The directors may decline to register any transfer of shares to any person not approved of by them.'

A show of hands was had, when the CHAIRMAN declared the result to be 33 in favour of the clause and 31 against.

A demand for a poll was then put in by Mr. MACDOUGALL and nine other shareholders, and a request was made to poll the whole of the members on the point ; but the Chairman decided to take the poll of the meeting only.

A number of shareholders who had supported the amendment withdrew from the meeting before the poll was taken. The result was as follows :

In favour of the clause, 152 votes, representing 1,704 shares.
Against " 47 " " 523 "

On the motion of Mr. T. YATES, Clause 38 was amended by extending the notice of meeting from seven to fourteen days.

Clause 48, relating to votes of members, was as follows : 'Every shareholder shall have one vote ; every shareholder holding ten or more shares shall have two votes, and for every additional number of ten shares over and above the first ten one vote ; but no shareholder shall have more than ten votes.'

Mr. M. POWELL suggested that, as large shareholders had very inadequate voting power, the article should be amended by giving one vote for each share held. That would, he thought, be fair.

The CHAIRMAN felt the force of Mr. Powell's suggestion, but the proposition was one that the board would scarcely liked to have made. Coming, as it did, from a shareholder, however, the board would not oppose the proposition.

Mr. MANN was of opinion that no change should be made.

Mr. PEARCE, while admitting that large shareholders had insufficient voting power, could not support the proposal, which was one of a revolutionary character. He would give the large shareholders some increase of power, and moved the substitution of the words 'twenty-five' for the word 'ten.'

This amendment being seconded, was accepted by the board and adopted.

Mr. PEARCE moved, and Mr. T. YATES seconded, the substitution of 'one month' for 'three months' in Article 52, which was carried.

By this alteration a shareholder is entitled to vote when he has held a share one month instead of three.

Mr. PEARCE moved that, in case of the nomination of a new director, it should not be necessary to describe the person nominated as 'a substitutional or an additional director ;' and after some discussion this was agreed to.

Mr. PEARCE moved the insertion of a clause into Article 92, providing for the inspection of books by the shareholders ; but this was resisted by the board, and not allowed.

Mr. PEARCE moved that the word 'two' be substituted for the word 'four' in Article 93, so as to bring the annual meeting in the month of February each year.

Mr. T. YATES seconded, and Mr. POWELL supported this proposition.

The CHAIRMAN, Mr. E. NOEL, M.P. (a director), Mr. DROOP (a director), Mr. PLATT (secretary), opposed the amendment, on the ground that more time was necessary for the preparation of the accounts.

Mr. PHILPOTTS (a director) supported the amendment. All his experience was in favour of limiting the time rather than of extending it, in which

accounts should be prepared. If officials knew that work *must* be done in a given time it would be accomplished (hear, hear). On the other hand, by extending the time you encouraged carelessness.

The CHAIRMAN suggested that they should revert to *three* months, as under the old articles, and this was agreed to.

Mr. PEARCE moved an amendment to Article 97, substituting the shareholders for the directors as the body to fix the remuneration of the auditors. This was seconded and agreed to.

Many other amendments to the new articles were suggested, and in some cases carried; but those above notified are the most important changes adopted. After some three hours' discussion of the articles,

The CHAIRMAN put the following resolution: 'That the existing articles of association of the Company be, and the same are hereby, repealed, so far as they are not repeated in the articles hereby adopted, and that the articles be, and they are hereby, adopted as the articles of association of the Company.'

[Carried by a large majority.]

The CHAIRMAN: The next resolution is, 'That the capital of the Company be increased by the sum of £250,000, in 25,000 preference shares of £10 each, carrying a non-cumulative preferential dividend of £4 10s. per cent. per annum, and that the directors be, and they are hereby authorised to issue such shares, from time to time, in such persons as they deem fit, and without first offering them pro rata to existing members.'

Mr. PHILPOTS, in seconding the resolution, was of opinion that preference shares had an advantage over either debentures or mortgages. In his view the plan proposed was the one most likely to benefit the Company.

Mr. M. POWELL thought a different form of resolution would be preferable. He would rather have the rate of interest an elastic one than fixed. The shares were not to be all issued at one time, and therefore the interest offered should be adjusted to the condition of the money market.

Mr. MACDOUGALL asked a number of questions regarding the deposit department, which the directors seemed to discourage, and he wished to know whether the directors were ready to become personally responsible for any loss or damage that might accrue to existing shareholders from the issue of preference shares.

The CHAIRMAN: Certainly not. We would not be directors for one moment on those terms.

Dr. W. H. HEWITT, J.P., contended that the issue of preference shares would be prejudicial to the interests of existing shareholders. Why not borrow the money required at a lower rate of interest?

Mr. PEARCE asked whether, notwithstanding the terms of the resolution, existing shareholders would *always* have the first offer to subscribe for preference shares?

The CHAIRMAN: Yes; we intend to offer them to shareholders first on every occasion.

Mr. PEARCE would utter a word of warning as to getting a quotation on the Stock Exchange. He reminded the shareholders that during the last few years various pamphlets had been issued, some of which he was responsible for, and these contained the most conflicting opinions as to the value of the Company's assets. Considering that this had occurred, and that there had been no market for the shares for several years, he felt that an authoritative valuation should be made and issued of the entire assets of the Company, before the shares were quoted on the Stock Exchange. Unless this were done it was likely that shareholders would rush into the market, and in the present state of uncertainty as to the value of assets, the result would be damage to the Company, and great loss to some of the shareholders.

The CHAIRMAN was understood to say that this would be done.

The resolution was put and carried.

Mr. SWINDLEHURST pressed for a valuation or for the publication of the valuation referred to in the last annual report of the Company.

A vote of thanks to the chairman terminated the meeting, which had lasted four hours and a half.

THE ARTIZANS' DWELLINGS ACT, 1875.

HOUSE OF COMMONS.—JULY 31ST.

MR. FAWCETT asked the Chairman of the Metropolitan Board of Works whether he can undertake that none of the sites which have been cleared under the Artizans' and Labourers' Dwellings Act, 1875, and which have not already been disposed of, shall be sold until Parliament has had an opportunity of considering the bill which the Home Secretary intends to introduce to amend the Act.

Sir J. M'GAREL HOGG: I must point out to the hon. member that no sites have yet been cleared under the Artizans' Act, except a portion of the Whitechapel and Limehouse area, which has already been sold with five others to the trustees of the Peabody Fund. Some time must necessarily elapse before the removal of buildings from any of the sites not yet disposed of, and, assuming that the bill of the Home Secretary is brought in and passed this session, I can readily undertake that no further sale of sites shall take place before the House has had an opportunity of considering the measure.

POPLAR DISTRICT BOARD OF WORKS.—JULY 31ST.

On a circular letter being read from the Bermondsey Vestry, calling attention to the serious sacrifice to the ratepayers involved in the carrying out of the Act, and inviting agitation for its amendment, the Chairman said he would suggest that the letter be referred to the General Purposes Committee for consideration. There was no doubt that the Act ought to be carried out, if the provisions could be modified in such a way as to make them reasonably workable. There were two distinct objects in view in the Act. One was to get rid of property which had been allowed, from the neglect of the owners, to fall into such a state of dilapidation as to create a nuisance prejudicial to the common weal. The other object was to construct dwellings for artizans in the metropolis. Now, as far as he was personally concerned, he fully and thoroughly agreed with the proposal to pull down unhealthy dwellings, and places which had been allowed to fall into a condition unfit for human habitation; but the machinery which the Act had provided for dealing with those dwellings was defective. If Parliament, in its wisdom, still thought it necessary that the demolition of houses of that character should be concurrent with the provision of property for the residence of a similar class, power should be given to the Metropolitan Board to erect such dwellings in a suitable locality, and not necessarily in the same neighbourhood. What could be a greater mistake than the compulsory allotment of valuable frontages in the new West-end street to the erection of workmen's dwellings? To compel workmen to reside there was to compel them to reside where they did not want to be, and where they must depreciate the value of the surrounding property for the special purposes for which it was best designed. The ratepayers of London should set to work to procure such an amendment of the Act as would remedy the evils which he had pointed out, otherwise it was not too much to say that the Artizans' Dwellings Act would be the financial ruin of the metropolis.

The circular letter was then referred to the General Purposes Committee for consideration.

MARYLEBONE VESTRY.—AUGUST 1ST.

A communication was read from the Vestry of Bermondsey, forwarding copy of a communication sent by that Vestry to the Metropolitan Board, asking for an amendment to the Artizans' Dwellings Act.

Mr. G. EDWARDS said he was a member of the Artizans' Act Committee at the Metropolitan Board, and had given much attention to the subject; and in his opinion no Act of Parliament that had ever been framed was in reality more badly constructed. Everyone would give the Home Secretary credit for having introduced the Bill, as there could be no doubt but that the dwellings of the poorer classes were a disgrace to the metropolis, and that some great improvement was necessary, but unfortunately the cost was made most excessive by the awards of the Government arbitrator. For instance, they had recently bought some property, and they considered the ground was worth about £500, but the arbitrator, whom the board had no power over, valued the ground and materials at £3,500. Now the board were of opinion that they should not be called upon to pay for the old and wretched houses upon property more than they were worth for old materials. In his opinion the Act required to be amended; if it was not, some millions would be expended upon schemes that were before the board, and the poor class of people, for whose benefit the Act was passed, would not receive the benefit that was intended. He would move that the vestry present a petition to Parliament asking them to amend the Act.

The motion was seconded by Mr. Reed, and carried unanimously.

The board adjourned.

ISLINGTON VESTRY.—AUGUST 1ST.

The clerk read a letter from the Vestry of Clerkenwell, calling attention to the circular letter from Bermondsey, pointing out the hardship entailed upon the metropolitan ratepayers by the heavy loss sustained in the disposal of sites for artizans' dwellings. It was urged that the vestry should petition against the present state of the law, and request the borough members to support their petitions.

Mr. ELT said that this was an important question, and would occupy

the attention of the vestries after the holidays. He moved that the letter be referred to the General Purposes Committee for consideration and to report.

Mr. WINTER seconded the motion, which was agreed to.

MILE END OLD TOWN.—AUGUST 1ST.

A report was brought up from the Parliamentary Committee on this subject, in which they recommended that the following resolution should be passed :

‘That it is, in the opinion of this vestry, highly necessary that the Act which results in the provision of dwellings for artizans out of funds provided by metropolitan ratepayers at such a serious sacrifice of half a million of money at once, should be amended without delay, and that no further schemes be proceeded with under the Act until the law has been so amended as effectually to prevent a similar loss and waste of money in future.’

Mr. WOOD moved the adoption of the report, and it was agreed to, and the vestry adjourned.

METROPOLITAN BOARD OF WORKS.—AUGUST 1ST.

The Works Committee submitted schedules of the lands proposed to be taken compulsorily for the purpose of Goulston Street and Flower and Dean Street (Whitechapel) Improvement Scheme, and for the purpose of the St. George the Martyr (Southwark) Improvement Scheme, under the Artizans’ and Labourers’ Dwellings Improvement Act, 1875, and recommending that such schedules and maps be forwarded to the Home Secretary, and that an application be made to him to appoint an arbitrator between the board and the persons interested in the lands and hereditaments injuriously affected by the execution of such schemes.

Mr. SELWAY said he thought the board should hesitate before they sent any more schemes to the Home Secretary, especially as they were seeking an alteration of the Act. Seeing, also, that they had grave reason to be dissatisfied with the arbitration, and that that day the attention of the board had been called to the fact that the arbitrator had awarded large sums to weekly tenants, surely the board should hesitate before they sent to the Home Secretary more schemes. He thought they should wait and see the result of the contemplated legislation.

The CHAIRMAN pointed out that these were not new schemes, but that they had already been lodged with the Home Secretary.

Mr. MUNRO said delay would only increase the expense to the ratepayers. The recommendations of the committee were then approved.

The Works Committee also submitted a statement showing the effect of the operations under the Artizans’ Dwellings Improvement Act, 1875, and the necessity for an alteration of the law, and recommending that the statement be sent to the Home Secretary for his consideration.

The statement was not read, and it was approved without discussion.



DIETETICS.

SUGAR AS HUMAN FOOD.

By WILLIAM GIBSON WARD, ESQ., F.R.H.S.

FIRST ARTICLE—HONEY SUGAR.

It is not possible to say when man first regaled himself on honey. It is hidden in the great oblivion before man had a language, or even an oral historian, much less a critic and essayist on the science of dietetics.

With honey flowing from the rocks, or dripping from the trees, the first man undoubtedly did what is recorded much later of Jonathan, who, with his friends, finding honey in pools as dropped from the trees, the prince uses his rod to convey some to his mouth to taste it, or take his fill of it.

Not only was honey so plentiful in Palestine and the East that the forests literally flowed with it, and huge combs of honey could be seen projecting from the trees, but it was early thought to be one of the greatest gifts to man. The promised land was described as a country ‘flowing with milk and honey.’ Rhetorically, honey was the sweetest and most desirable thing except the words of the Lord.

In an affectionate appeal to Israel, the Creator is put to say : ‘I am the Lord thy God.’ Then it is stated how kindly God would have protected them and fed them if they had obeyed Him. Evidently the promise implied the grandest idea of human food in that day. ‘He should have fed them also with the finest of the wheat : and with honey out of the rock should I have satisfied them.’ What an exalted idea it gives of honey, as *satisfying* the Jews, a people never contented, not even with manna, a sort of honey.

The first-fruits of honey, the earliest and choicest specimens, were to be given to the priests as a part of their daily sustenance. Therefore it was a wholesome thing, a desirable food. John the Baptist lived largely on wild honey (*meli argion*). Curds and honey were to be the food of a child of prophecy, as stated by Isaiah.

I am fully aware that there are three Hebrew words all translated ‘honey’; and for my present purpose it is a matter of the least consequence if one of them means, besides bee honey, the honey of trees (manna), and even the syrup of dates, or dates themselves.

Honey was so plentiful that a wine or drink was made from it in the earliest days of the Jews, as it was in the early days of the Celtish people in England. The delicate cakes, or wafers, for festive occasions were made of honey, oil, and fine flour. Solomon thought it necessary to give a caution that ‘it is not good to eat too much honey.’ Too much of anything, surely, is not good. On the other hand, we must understand that honey was a costly luxury in Egypt, or Jacob would not have thought it likely to propitiate the governor of Egypt with ‘a little honey.’ Honey in all time has been so plentiful as to be a part of the foreign trade of many nations. Judah sold honey to the Tyrians. The negroes of the Gambia had, and may have, a large revenue from the sale of bees-wax. The Hottentots of South Africa seek honey from the rock, often obtaining it from holes made by weazels and birds, and skilfully get the honey without destroying the bees.

The historians of nearly all nations allude to the trade in, or produce of, honey. The retreat of the ten thousand, through an untoward incident in connection with honey, serves for an illustration of the dietetic value of honey, and occasionally its poisonous nature from the flowers the bees had resorted to, to get it.

But our Domesday Book, the survey of the land and the people and their possessions ordered by William the Conqueror, manifests the value attached to honey, and how largely the bees must have been fostered to have produced the enormous quantities of honey paid as rent for land, or acknowledgment of tenancy. The only liquid measure mentioned in the book is a *sexstarium* and that is only used in connection with honey. It was about a quart, and means 4lb. of honey. But so many *sex mellis* is commonly named, that every homestead must have had large supplies of honey to pay as a tax as well as for food and drink. Though the constant allusions to honey and other things rendered as rent in Domesday Book indicate the value and yet plentifulness of honey, yet the evidence is quite clear that such customary payments in kind had been much more prevalent before King William’s days, for he changed such payment in kind for payment in coin very often.

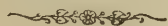
In the very earliest ages of our country such payments were made. Lud, the Arch-Druid, or king and founder of London, received such tributes from his subordinate kings. In the *Iolo*

MSS. pp. 449, we read: 'The King of London is entitled to three tributes from the Kings of Wales, namely, a tribute in gold from Aberffraw, amounting to £20; a tribute in honey from Dinevor, amounting to four tons; and a tribute,' etc., etc. The authenticity of this deed of tribute is clearly proved. Her Majesty's Agent of Woods and Forests, now residing at Caernarvon, collects the £20, and pays it to the tax-chest of the nation. The tributes of honey and oatmeal are lost, but the gold is sharply regarded and gathered to this day.

Very interesting—but what is the object of these papers? some of my readers may ask. We cannot display our hand at once, before the game is out. In other articles we shall bring this question of sugar as food down to our own day. We shall, after we have shown the universality of sugar as food in all times and countries, make the question as practical as possible by showing the work that sugar performs to sustain our daily life.

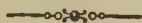
For an author has published a book maintaining that sugar is a wrong and deadly diet, killing down our population like a plague? The strange and absurd theory has been adopted by influential dietetic reformers (?) and is likely to spread. If so, it is only a step back to barbarism. All this and much more will be seen when we step down from proof and fact to give the accusations and false charges of a silly dreamer.

(To be continued.)



A VEGETARIAN WEDDING.

A WEDDING, the arrangements in connection with which were of a novel kind, took place on Saturday last at Barnes parish church, the ceremony being performed by the Rev. John Ellerton, M.A., rector of Barnes, the bride and bridegroom—Eliza, eldest daughter of our esteemed contributor, Mr. R. Shipman, of Hope Villas, Barnes, and Robert Froude Prettejohn—being vegetarians. After the ceremony the company partook of an excellent breakfast, consisting, in addition to a large and costly bridal cake, of greengages, pineapples, strawberries, gooseberries, cherries, melon, bananas, nuts, savoury vegetable pies, haricots, lentils, green peas, and numerous other savouries, various fruit tarts and pies, biscuits, syrup of limes, lemonade, etc. The rev. gentleman who officiated, being one of the party, expressed his surprise that such an eloquent and sumptuous wedding breakfast could be prepared to the exclusion of all animal food, the tables literally groaning under the weight of a delightful variety of the fruits of the earth.



HOW TO MAKE THE HOUSE A HOME.

BY MRS. PERRIER.

IN giving any hints for the making of home society intellectually attractive and improving, it will be impossible to define the means quite positively. Where any very pronounced taste or ability for a special pursuit or accomplishment exists, and is pretty equally shared in by all the members of a family, no effort whatever can be necessary to make the home society pleasant, if not profitable; but then, unfortunately, unless the

taste at least, if not the ability, be common to all, the pursuit so pleasant to some or most of the members of the household may be a positive bore to the few or the many who do not share it. In fact the effort in that case should be directed to preventing the attention to such pursuit, or the exercise of such accomplishment, from becoming a nuisance, destructive of the comfort of those whose tastes or abilities have a right to be recognised, even though of an inferior sort and a lower degree. For instance, a musical family—thoroughly musical, not merely playing and singing because other people play and sing—can enjoy their home concert; but it is very rarely indeed that the term 'musical family' includes all the members, and how about those who are not musical? Have we not, all of us, seen one or two in such a family sad and lonely and wearied, with pursuits and enjoyments—or what ought to be enjoyments—of their own, quite unshared, if not treated with positive contempt, by the majority? Or again, the study of natural science—and it is not uncommon now-a-days to see many of the younger members especially of a family devoted to this study—provides a never failing interest and pleasure for the students; but the discussion of their studies can do no more than furnish occasional amusement for, or excite occasional interest in, those who are not students. Still, although these two pursuits, and many others, are what might be called specialties, and cannot therefore be fully enjoyed except by those specially qualified for them, nor can be exclusively indulged in as occupations for leisure hours without some sacrifice of the comforts and enjoyment of others, they might, I think, be made more generally pleasant than they are. While the study and the performance of 'high-class' music are only pleasant, are only possible indeed, to those of high musical ability, music has some charms for almost infinite numbers without that ability, and might have more, were it not more commonly abused than used. Somebody or another has said that 'every one has a voice if it were cultivated.' Not being musical myself, I cannot either endorse or dispute that assertion. I fear I must admit that I have heard voices which, as far as regarded any pleasure they gave to the hearers, I thought had better not have been cultivated; but possibly the fault lay in the mode of cultivation, not in the voices. Perhaps we may all be inclined to admit at least that by far the larger number of human beings have voices capable of being cultivated to advantage, that is, to the giving of pleasure both to the possessor and to the hearers; that there are very few, in fact, whose voices could not be trained to take a part in a little concert, either confined exclusively to the family circle, or shared in by neighbours intimate enough to feel themselves 'at home.' We may even go farther, and admit that while most members of such a little family or neighbourly circle might be only capable of subordinate, even insignificant parts, we could scarcely find such within which there would not be one or two capable of much more—of very admirable and delightful performance. This being the case, I have often wondered—and, no doubt, so have others—why, in household learning and practice, instrumental music, which requires a very special mental ability to ensure the attainment of any success, properly so called, is cultivated so much more generally than vocal, which requires but the physical gifts of voice and ear. Sure I am that in many a household where one or two—the young ladies of the family—

have, at much cost of time and money, been taught to perform (?) instrumental music, which, by reason of the style of their performance no one of the others cares to hear; a tenth of the expenditure would have enabled the whole family to take part in and enjoy the recreation of vocal music. There is little need indeed for any argument on the subject, either to prove that it can be done, or that, if done, it may be made a great means of home enjoyment. We have church-choirs, and school-choirs, why not the family choir? We know that even completely non-musical people, who cannot take pleasure in scientific compositions, though never so well performed, can and do delight in beautiful airs, sung by voices in tuneful accord; and also that persons who could never be taught to play scientific music, as it ought to be played, can learn to play, and play well, an accompaniment for those voices.

(To be continued.)

SHADOWS OF THE PAST.

BY MRS. J. M. O'CALLAGHAN.

Shadows of the past are gliding
Softly through the chinks of time,
Memories float like precious odours
Wafted from a sunny clime.
Hours that were and days that have been
Visit us again in dreams,
And the present, like a river,
With their bright reflection beams!

Yes, a swiftly flowing river
Is the present tide of time,
Bearing on its mighty waters
Barks of beauty, wrecks of crime!
Both its banks abound with fancies
In the distance bright and gay,
Protean shapes that as we near them
Change their forms or fade away.

But amid the busy crowding
Some embodiment of truth
May with gentleness angelic
Beckon us in ardent youth.
Should we then neglect the greeting?
Shall we not in after years,
From the deck of our existence,
Look upon the past with tears?

Longing that we could but gather
Faded leaves of joy we spurned,
Knowing that our reckless folly
Blessings into curses turned.
What perverseness! yet how often
Turns the heart from truest worth,
As from the sun of light and glory
Turns the proud inconstant earth.

But, amidst the scenes of pleasure,
The Calypso of the world,
Others dwell who seek to lure us
With temptation's flag unfurled.
Brightly beams its gorgeous colours,
And the motto that it bears,
In its noble lofty language,
Semblance of a virtue wears.

If we read again with calmness,
There shall tinge of error seem;
Yet again with deeper thinking,
And the virtue is a dream!

• Would to heaven none were tempted
With the seeming sense of right,
And that with the cheat discovered
All would for their freedom fight!

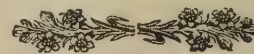
But, alas! until the spirit
From the loadstone *sin* is free,
Will the world of many loadstones
An attractive magnet be,
Drawing with a power infernal
Every element of sin,
Answering in a voice responsive
To the whispered thought within.

* * * *

Shadows of the past are gliding
From the shores of sun and strife,
Gliding thro' the gorgeous chambers
Of a past imperial life;
Weaving round a royal hero
Tender memories of his youth,
Till the image well remembered
Seems to be a startling truth.

'Is he dead?' one heart is asking;
'Is he dead?' she wildly cries;
And that sorrowing regal mother
Strains her fond maternal eyes:
Scarcely deems she that the vision
Is impalpable and past
(Speaks not, feels not, sees not, hears not),
From a dumb reflection cast.

Hopeless, desolate and lonely
Would her heart's regrettings be,
Did not stars amid the darkness
Tell her of eternity.
Like the manes of a lost one
Are the shadows of the past,
From the spirit's deep recesses
Is their loved reflection cast.

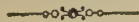


HYGIENE.

SHORT SEA TRIPS.

THE restorative influence of a voyage across the Atlantic and back in cases of breakdown from over-work is not only a recognised fact, but is becoming more and more a favourite prescription with physicians who have to treat these cases of 'chronic fatigue.' But the expense of such a voyage is not within the compass of all, nor can time always be spared from business or professional avocations. We would, however, point out the facilities that exist for shorter trips attended with slight expense. It is quite possible to make the complete circuit of England and Scotland within a fortnight, and for a less sum than six pounds cabin fare. This can be done by taking the London boat for Edinburgh or Aberdeen, and catching the Shetland mail steamer for Stornoway at either place; from Stornoway to Glasgow, round Skye; from Glasgow to Dublin, and from Dublin to London, round the Land's End, touching at Plymouth and Southampton. The perpetual change of scene and interest that such a trip would include, together with the bracing sea air, would prove most wholesome and beneficial to over-strung nerves. Nor, unless the traveller was exceptionally predisposed, need he have much fear at this season of the year from sea-sickness. The steamers are large, and a very considerable part of the voyage is made under shelter of the coast, so that, unless he were particularly unfortunate in point of weather, many days would be passed in comparatively smooth water. But shorter trips, involving absence from business for only three or four days, are also to be made, as the run to Hamburg, Antwerp, or Havre. It only requires that the steamboat companies should arrange the hours of sailing

to suit the general convenience of the public, and act liberally in the matter of return fares, to make these short sea trips from Friday or Saturday till the Monday extremely popular. The monopoly of the fresh sea breezes, untainted by the sewage of a large town or the defective drains of a lodging-house, should not be left to the wealthy yachtsman, but all classes should be encouraged to avail themselves of the opportunities our insular position and well-organised packet service to our numerous ports afford for obtaining that best of all tonics, sea air on the open sea.—*The Lancet*.



THE SANITARY INSTITUTE OF GREAT BRITAIN AND LITTLE'S SOLUBLE PHENYLE, THE NEW DISINFECTANT.

WE regret the omission from our report of the recent meeting of the Sanitary Institute of any mention of the medal awarded to Messrs. Morris, Little, and Co., of Doncaster, for their soluble disinfectant, phenyle. Disinfectants, when reliable, are of great value, and hence it will be a satisfaction to know of a preparation which has merited and received a medal from the Sanitary Institute.



SANITARY INSPECTION OF HOUSES.

WE are desired to state, in reference to our article on the recent correspondence between Mr. Stansfield and Mr. Cresswell, and the suggestion as to a new branch of the Sanitary Section of the Society of Arts, that, following suggestions made by Major L. Flower in the *Daily Telegraph*, in letters on 'Brighton,' a society has been established under distinguished patronage, and we hope shortly to give further details of its progress. The society was duly incorporated on the 30th of May.

Good ideas often occur to different individuals at the same moment. So with this. Mr. Wahab, the secretary to the new society, himself suggested a similar idea to the Sanitary Institute of Great Britain last year.



CURRENT OPINIONS AND EVENTS.

ON Saturday last, Mr. J. G. Talbot, M.P., presided at the distribution of certificates in connection with the Westminster Exhibition, when the Hon. Mrs. Talbot distributed the prizes. The Chairman expressed the wish that the exhibition would lead to the establishment of a permanent industrial museum.

Canon Farrar, who has taken a great interest in the exhibition, stated that although the exhibition had not been quite self-supporting, it had been visited by one hundred thousand persons; and he regarded the result, as a whole, as being most encouraging.

On Friday, the 1st inst., Mr. Tracy Turnerelli met Lord Beaconsfield in Bond Street, and, after bowing to his lordship, said: 'May I have the pleasure of shaking hands with you, my lord? I am the unfortunate Tracy Turnerelli.' His lordship shook hands, remarking laconically, 'You have now got

what you desired.' Mr. Turnerelli has been at the trouble to send an account of this interview to the press, evidently thinking that he had the best of it! Well, some men are oblivious; but, seriously, is it not time we heard the last of Mr. Tracy Turnerelli and his Folly, as the notorious wreath may well be called?

The Countess of Carnarvon opened the first Coffee Public-House at Newbury on Saturday last. Lord Carnarvon said that:

'He could say this, that if a very near total abstainer from wine, a great lover of coffee, and having a near relation in Ceylon who grew coffee, were qualifications for Lady Carnarvon's attendance there that day, she possessed all those qualifications. As for himself, he would not pretend to say he was a teetotaler, either in principle or in practice. His view of the matter had always been that it was far more the use than the abuse, and the act of temperance than total abstinence that was necessary. At the same time he heartily sympathised with all their chairman had said as to the value of such an establishment as that they were about to inaugurate. He recognised in this the outcome of a very extended, and, as he believed, a most useful movement going through England at the present moment—a movement entirely free from all fanaticism, although inspired very often by principles of the highest morality and philanthropy.'

A very timely discussion is being carried on in the *Daily Chronicle* upon the management of coffee-palaces. We have ourselves made some personal inspections with anything but a satisfactory result. The air of charity is likely to have a prejudicial effect; and the movement is certain to be damaged if it is allied to, or identified with, sectarian religion. Where the movement is intended to be used as a machinery for making proselytes, it would be much more fair to call the houses mission-halls than coffee-palaces.

Dr. Tripe, the Medical Officer of Health for the parishes of Hackney and Stoke Newington has just issued a valuable report. He estimates the present population of the two parishes at 169,750, and the density of population 42.5 per acre, both of which show an increase, that of the population being estimated at 5,500 per annum, and the density being really much greater than the figures indicate, as it is calculated on the total area of the district, which, however, contains 568 acres of open spaces, commons, and water, which cannot be built upon. It has been ascertained by a census of parts of the district that in some places there are above 200 inhabitants per acre, and the mortality in these localities is, as might be expected, much above the average, and therefore materially assists in keeping up the death-rate, in spite of the strict sanitary supervision exercised in these localities. 5,912 nuisances were abated during the year; 8,212 premises, or nearly one-third of all in the district, were inspected, of which 2,403 houses were defective of one or more sanitary necessities, or were so dirty and dilapidated as to be injurious to health—a condition of things that had been promptly remedied; 697 houses where infectious cases had occurred had been disinfected; 36 overcrowding cases had been abated, and the regulations as to cubical space enforced in reference to the dwelling rooms of 163 houses. The inspectors had carried out their duties to Dr. Tripe's satisfaction.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

When Æsop, in answer to the question put to him by Chilo, 'What was God doing?' said 'that He was depressing the proud and exalting the humble,' the reply was considered as most admirable. But the same sentiments are to be found in the Medrash; though expressed, as usual with the Jewish writers, in the form of a story, it runs thus:—'A matron once asked Rabbi José, "In how many days did God create the world?" "In six days," replied the Rabbi, as it is written, "In six days God made the heavens and the earth." "But," continued she, "what is He doing now?" "Oh!" replied the Rabbi, "He makes ladders on which He causes the poor to ascend, and the rich to descend," or, in other words, He exalts the lowly and depresses the haughty.' There were discovered on the fragments of an ancient tombstone, Greek words to the following purpose:—'I was not, and I became; I am not, but shall be.' The same thought is expressed in the following reply of Rabbi Gabiha to a sceptic. A free-thinker once said to Rabbi Gabiha, 'Ye fools who believe in a resurrection, see ye not that the living die? how, then, can you believe that the dead shall live?' 'Silly man!' replied Gabiha, 'thou believest in a creation—well, then, if what never before existed exists, why may not that which once existed exist again?'—*Goodhagh's Lectures on Biblical Literature*.

Hell is an inexhaustible mine, whence cheating priests draw their revenues; the ministry of true religion disclaims any proprietary in the infernal demesnes.—*Zimmerman*.

As much as a man is from head to foot in height, so much is he between his two longest finger-ends, his arms being stretched out.—*Pliny*.

The industry of men is now so far exhausted in canvassing for places, that none are left for fulfilling the duties of them.—*D'Alembert*.

Great names debase instead of raising those who know not how to use them.—*Rocheffoucault*.

He is well disposed who grieves not for what he hath not, and rejoiceth or what he hath.—*Democritus*.

Everything is from heaven, therefore do not seek to obtain by violence.—*Chinese Proverb*.

The gain that is made at the expense of reputation, should rather be set down as a loss.—*Latin Proverb*.

Prefer loss to unjust gain, for that brings grief but once, this for ever.—*Chilon*.

Though honesty may for the time offend those it opposes, yet it will at last be justified and admired, even by the very persons who suffer from it.—*Pliny*.

Do you remember the young lady Præd met at a ball? The poet talked to her of everything, and she answered him with weather.

'I vowed the last new thing of Hook's
Was really entertaining;
And Laura said, "I doat on books,
Because it's always raining."'

He left literature, and passed on to music, and then to the drama; but

'What cared she for Medea's pride
Or Desdemona's sorrow?
"Alas!" my beauteous list'ner sighed,
"We shall have rain to-morrow!"'

The fine arts failing, the poet resorts to scandal. He tells her all the latest bits of town gossip, and

'How Lord de B. and Mrs. L.
Had crossed the sea together;
My shuddering partner cried, "O Ciel!
How could they in such weather?"'

Finally, the poet acknowledges the lady's numerous charms:—

'But to be linked for life to her,
The desperate man who tried it,
Might marry a barometer
And hang himself beside it.'

—From 'Higgledy-Piggledy Papers,' by N. E. Rowe, in *One and All*.

THE HOUSEWIFE'S CORNER.

DRESSING FOR SALAD.

Take the yolks of two eggs boiled hard, a dessert-spoonful of grated Parmesan or strong Cheshire cheese, a little mustard, a dessert-spoonful of catsup. When well incorporated, add two spoonfuls of salad-oil and one spoonful of vinegar; then beat it well. This mixture must not be poured upon the salad, but left at the bottom of the dish.

TO CLEAN DECANTERS.

Dissolve a little soda in soft hot water; when of a proper heat, about half fill the decanters, adding some slips of brown paper and egg-shells; shake the bottles well till quite clean, then rinse them in clean soft water with a little soda in it. Fuller's earth finely powdered also answers very well for the same purpose.

TO MAKE VEGETABLES TENDER.

When peas, French beans, etc., do not boil easily, it has usually been imputed to the coldness of the season or to the rains. This popular notion is erroneous. The difficulty of boiling them soft arises from an excess of gypsum imbibed during their growth. To correct this, throw a small quantity of carbonate of soda into the boiling water with the vegetables.

LIGHT PUFF CRUST.

Mix a pound and a half of flour with just water enough to make it into paste and a little salt; mould it lightly together, and let it lie two hours; then roll it out and put a pound of butter into the middle of it; fold the ends of the paste over and roll it out, then fold it over it again and roll it; repeat this six times in winter, and five in summer. It should not be more than half an inch thick each time it is rolled, and a little flour dusted lightly over and under it to prevent it sticking. This is a very light and delicate crust.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME,' without any additional charge.

* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

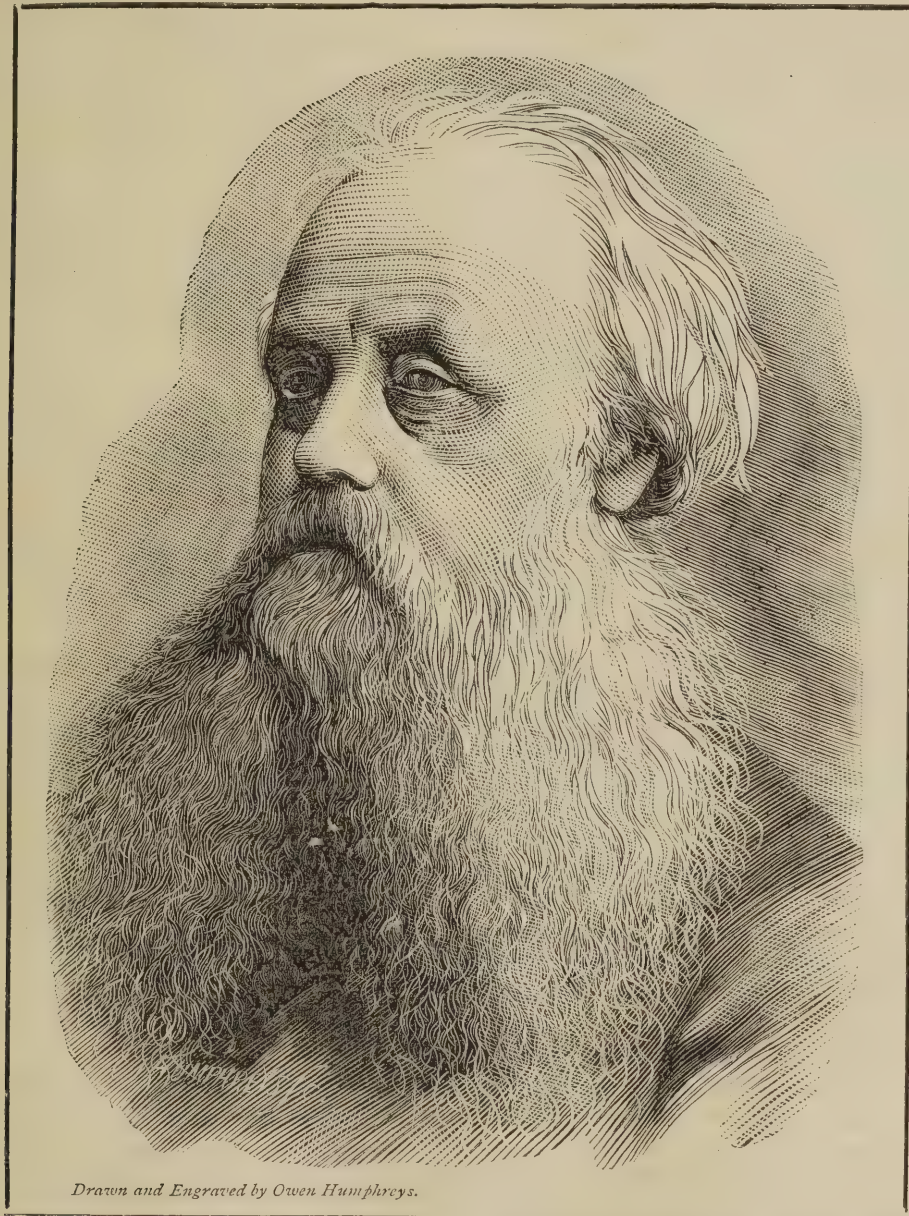
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE,'—'THERE IS NO PLACE LIKE HOME.'

No. 30, Vol. II.]

SATURDAY, AUGUST 16TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



Drawn and Engraved by Owen Humphreys.

JAMES EWING RITCHIE, ESQ.

[*'CHRISTOPHER CRAYON' OF THE CHRISTIAN WORLD.*]

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LES EWING RITCHIE, ESQ.,
AYON, OF THE CHRISTIAN ROAD

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: AUGUST 16th, 1879.

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JAMES EWING RITCHIE, ESQ.

IN these days of fierce competition in journalism, the *Christian World* has won the foremost position amongst the religious press of our own or any other land. It goes everywhere; it is read by everyone. It is in vain people oppose it, and try to get other journals to take its place. The *Christian World* maintains its proud pre-eminence, a pre-eminence it has acquired by the catholicity of its tone, by the liberality which it accords to all new ideas and plans, by the full information it gives as to the state of the churches of all denominations in every part of the world; by its searching and honest criticism, by its frank faith in the power of divine truth to reach men's hearts, by its freedom from fear, and by its graphic sketches of Christian work and life, with which our readers are familiar, and to many of which is appended the name of 'Christopher Crayon.'

It is this gentleman's portrait we this week present to our readers.

He was born on the first of May, 1820, in the little village of Wrentham, Suffolk, where his father, the Rev. Andrew Ritchie, was for upwards of thirty-five years a well-known and highly-esteemed Independent minister. In 1836, Mr. James Ewing Ritchie was sent to Coward's College, London, then connected with University College, where he studied many years with a view to ministerial life. At University College there was a debating-class under the title of the

Literary and Philosophical Society, and of this society Mr. Ritchie was at one time one of the presidents, when such gentlemen as the late Baron Hargreaves of the Encumbered Estates Court, the late Professor Waley, the late Sir Colman O'Loughlen, Mr. Peter Taylor, and the Right Honourable James Stansfeld, took part in the debates. At one time it seemed as if Mr. Ritchie's connection with University College would have been of a more enduring character, as on the resignation of Dr. Gordon Latham of the Chair of English Language and Literature, he, at the pressing recommendation of the latter, became a candidate for the vacant post, which, however, was conferred upon Mr. Tom Taylor, then fresh from the more ancient university of Cambridge.

In 1844 Mr. Ritchie projected a monthly periodical called the *Philanthropist*, the aim of which, in the language of the prospectus, was to "denounce the wrong done to God and man by State-Church pretensions and class legislation," and it was while thus engaged he was cheered by an unsolicited and kindly testimony of approval from Thomas Carlyle.

The public failing sufficiently to support the *Philanthropist*, Mr. Ritchie seems to have spent some years wandering up and down the world at home and abroad, till in 1849, he was brought to London from Cardiff, in South Wales, where he had been editing a local newspaper, to conduct the *Standard of Freedom*, a paper started by the late John Cassell, and which was ultimately merged in the *Weekly Chronicle*, to which Mr. Ritchie contributed a series of sketches, which were afterwards republished under the title of the 'London Pulpit.'

The next work Mr. Ritchie wrote was the 'Night Side of London,' which speedily ran through four editions, and which, as a reviewer in the *British Quarterly* wrote, 'in its well-meant and terrible truthfulness described the temptations to which the youth of our great metropolis are exposed.' This was followed by 'Here and There in London,' 'About London,' and 'British Senators,' which the *Pall Mall Gazette* described as 'a sparkling and intelligent volume.' Mr. Ritchie's next book was the 'Religious Life of London,' which more recently was followed by an interesting account of Holland, under the title of 'On the Track of the Pilgrim Fathers.' Subsequently, there appeared from Mr. Ritchie's pen 'The Cruise of the Helena, or Yachting in the Hebrides.' Besides, he has written a cheap handbook for Belgium, which was published in Brussels, and compiled two ponderous lives of Lord Palmerston and Dr. Livingstone, which came out in shilling parts.

As a writer in periodicals it may be mentioned that he has contributed to the *Eclectic Review*, *Tait's Magazine*, *Belgravia*, *Tinsley's Magazine*, *The Leisure Hour*, *The Sunday at Home*, *Cassell's Magazine*, *The Christian World Magazine*, *The Quiver*, *The Weekly Welcome*. At one time Mr. Ritchie supplied the literary notices to the *Daily News*. Some of the best Christmas tales in the *Pictorial World* have appeared from his pen. Also many of the 'City Scraps' in the *City Press*. As writer and journalist Mr. Ritchie may be said to have made his mark.

PHRENOLOGICAL SKETCH OF 'CHRISTOPHER CRAYON.'

BY PROFESSOR STACKPOOL E. O'DELL.*

'WORDS! words! words!'

How fertile is the source—inexhaustible the supply! Bright, pure, clear, sparkling is the stream; they need no filter, no purifier, and though you drink and drink of the stream, they are as refreshing to-day as yesterday, in the present as in the past.

They come, they come, and still they come—there is no lack, no stint, no dearth! Let us have no more words, and surely the stream of knowledge will become dry, and men will go back and become as their forefathers, and exemplify in their own persons the truth of the Darwinian theory.

But let a knowledge of words be increased, let children be trained to speak, and knowledge will increase.

Many rare, rich and imperial minds exist, with abilities, ideas and information of the very highest order, but no words—none for either the platform or press. In this they are poorer than the poorest, and oft do they bemoan their poverty. See them as they struggle to speak, the very effort affecting their whole nervous system. They try to give expression, it may be, to some glorious thought—far brighter, far more glorious than all the jewels in any and all of the grandest crowns that ever pressed upon monarch's brow.

Words here will come with such velocity that they will trip one over the other, and it will take an effort to keep them in their place.

Some have words, but are deficient in ability to arrange them. They are like a builder putting on the chimney before the foundation is laid. But here there is method and order to arrange, so that one idea will fit into another, each coming into its proper place and position. The building will gradually grow till the topstone finishes the whole.

Some cannot originate—they are mere imitators. What they see others doing, they can do; what thoughts others give expression to, they think; what others believe, they believe: and if they have average memories, they can show a fair amount of intelligence, which may pass for their own. But if their memory is bad, they deteriorate.

But here there is conception and originating power—a mind that has got ample resources of its own well stored up; and if there is constant use, there will be a constant and abundant supply.

Here is denoted metaphysical power—a just knowledge and appreciation of character, with its many combinations and shades—real character, living character, individual character.

You speak. It is an observation, a remark, an expression of opinion—something said in praise or in censure. He can lay his finger upon the exact source from which the expression comes.

In fact, the knowledge of character as here indicated is of a very extensive nature. From this knowledge will flow an amount of charity, of kindly, forgiving, sympathising feelings, which could come from no other human source.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE IMPROVED INDUSTRIAL DWELLINGS COMPANY, LIMITED.

THE thirty-second ordinary half-yearly meeting of members of the Improved Industrial Dwellings Company, Limited, was held on the 7th inst., at the offices of the company, 34, Finsbury Circus, Sir Sydney H. WATERLOW, Bart., M.P. (chairman), presiding.

The report of the directors for the half-year ending June 30 last stated that the rents amounted to £24,074 17s. 7d., and dividends on investments and other items to £462 15s. 10d., making the total income for the half-year £24,537 13s. 5d. The total expenditure had been £13,734 11s. 2d. (including proper contributions to the Leasehold Redemption Funds and Repairs Account, and the sum of £992 19s. 5d., repaid to the Public Works Loan Commissioners during the half-year, and carried to the Loan Redemption Fund), leaving a divisible profit of £10,803 2s. 3d., which, added to the balance, £116 16s. 9d., brought forward from last half-year, gave a total of £10,919 19s. available for dividend. Interest on the large sums expended on works in progress had been paid out of revenue. But for this charge the balance of revenue would, at the rate of 5 per cent., have been increased by about £2,500. The directors recommended the payment of the usual dividend at the rate of 5 per cent. per annum, free of income tax, which would absorb £9,682 3s. 8d.; that £1,000 be added to the reserve fund for the equalisation of dividends, which would then amount to £34,500, and that £237 15s. 4d. remaining be carried forward to the next half-year's account. The estates were in a very satisfactory condition, and had been maintained in thorough repair. The occupation continued also to be satisfactory.

The Chairman, in moving the adoption of the report, congratulated the meeting on the half-year of progress, even of prosperity, that had passed. The capital spent on works of progress had averaged about £60,000 during the half-year; capital that had been wholly unproductive. Having enumerated the figures of the report, he referred with satisfaction to the fact that they had lost nothing from default of payment of rent. He was happy to mention that they had a reserve of £14,027 11s. 7d. for repairs. It was said that after their buildings were twenty years old their repairs would involve great expense. He did not expect that condition of things to rise, but it was better to be prepared for the worst. Plans for building on the estates at Mansford Street, Bethnal Green, and Darwin Street, Walworth, had been prepared, and the buildings would be proceeded with at the earliest possible moment. The total number of dwellings in occupation and in course of erection, including those for which plans had been approved, was 3,717, for the accommodation of about 18,000 persons. The company was still able to find sites at rentals which the directors felt they could afford to pay. Their endeavours to obtain for the Metropolitan Board of Works some of the sites set apart by Parliament under 'The Metropolitan Streets Improvement Act, 1872,' had been unsuccessful, notwithstanding that the rents offered on behalf of the company were the highest that could be safely paid. In the meantime, the majority of the sites remained unbuilt upon. The Metropolitan Board having been

unable to obtain tenders for the site in Whitechapel cleared under 'The Artizans and Labourers' Dwellings Improvement Act (1875),' submitted the same at auction; but the upset price at which the land was offered was, per foot, considerably more than the highest rent ever paid by the company, and the directors were thus prevented from bidding. It was, however, satisfactory to state that according to report, this and other sites cleared under the same Act had, under special circumstances, been subsequently acquired by the trustees of the Peabody Fund, and that there was now a prospect of something being speedily done to mitigate the evils resulting from overcrowding among the poor in the courts and alleys of the metropolis; the large clearances made for street improvements, railways, and other public undertakings having of late years intensified these evils. In conclusion, Sir Sydney referred to the low rate of mortality on the estates of the company.

Mr. Alderman FINNIS having seconded the motion, the same was adopted, and the dividend proposed in the report was formally agreed to and declared.

The meeting was then made 'extraordinary,' and a resolution was passed converting 12,500 fully paid 'A' shares of £10 each into £125,000 stock.

A vote of thanks to the chair concluded the proceedings.

THE ARTIZANS' DWELLINGS ACT, (1875).

HOUSE OF COMMONS.—AUGUST 7TH.

In reply to Mr. Fawcett,

Mr. CROSS said he was sorry the Bill introduced yesterday for the amendment of the Artizans' and Labourers' Dwellings Act, 1875, had not been printed; but he hoped it would be in the hands of members in a few hours.

ST. SAVIOUR'S DISTRICT BOARD OF WORKS.

AUGUST 8TH.

The Clerk read letters from the Vestries of Chelsea and Clerkenwell, expressing the opinion that, looking to the large loss that had fallen on the metropolis in the carrying out of the Artizans' Dwellings Act, 1875, no further action should be taken in that direction until some amendment was made in the Act to prevent further loss being thrown upon the ratepayers.

The Chairman stated that steps were, he believed, being taken to amend the Act.

The Clerk said that was so, and also that Sir J. M'Garel-Hogg had stated in the House of Commons that it was not at all probable that any further action would be taken until the Act was modified.

The letters were formally received.

ARTIZANS' DWELLINGS ACT IMPROVEMENT BILL.

HOUSE OF COMMONS.—AUGUST 8TH.

The Artizans and Labourers' Dwellings Act (1875) Improvement Bill was read a second time.

This Bill, which is designed to remedy certain defects in the Act, has been prepared and brought in by Mr. Secretary Cross and Sir Matthew Ridley. The following are its principal clauses:

'3. On the occasion of assessing the compensation payable under any improvement scheme in respect of any house or premises situate within an unhealthy area, evidence shall be receivable by the arbitrator to prove that at the date of the confirming Act authorising such scheme, or at some previous date not earlier than the date of the official representation in which the scheme originated, such house or premises was by reason of its unhealthy state, or by reason of overcrowding or otherwise, in such a condition as to have been a nuisance within the meaning of the Acts relating to nuisances; and if the arbitrator is satisfied that from either of such causes as aforesaid, such house or premises was, at such dates as aforesaid or either of them, a nuisance as aforesaid, he shall then determine what would have been the value of such house or premises supposing the nuisance to have

been abated, and what would have been the expense of abating the nuisance and the amount of compensation payable in respect of such house or premises shall be an amount equal to the estimated value of the house or premises after the nuisance was abated, and after deducting the estimated expense of abating the nuisance.

'4. Whereas by the fifth section of the principal Act it is provided, amongst other things, that an improvement scheme of a local authority shall provide for the accommodation of at least as many persons of the working classes as may be displaced in the area with respect to which the scheme is proposed in suitable dwellings which, unless there are special reasons to the contrary, shall be situate within the limits of the same area or in the vicinity thereof:

'And whereas it not unfrequently happens that, having due regard to the requirements of persons of the working classes displaced by an improvement scheme, equally convenient accommodation at a much less cost can be furnished to such persons or some of them at some place other than within the area or the immediate vicinity of the area from which they have been displaced: Be it enacted that—

'Where it is proved to the satisfaction of the confirming authority on an application to authorise or modify an improvement scheme that equally convenient accommodation can be provided for any persons of the working class displaced by an improvement scheme at some place other than within the area or the immediate vicinity of the area comprised in the improvement scheme, and it is also proved to the satisfaction of such authority that the required accommodation has been or is about to be forthwith provided, it shall be lawful for the confirming authority accordingly to authorise any such improvement scheme, or to permit a modification of any such scheme; and the requirements of the principal Act with respect to providing accommodation for persons of the working class shall, to the extent to which accommodation is provided in accordance with this section, be deemed to have been complied with.

'A local authority may for purpose of providing accommodation for persons of the working classes displaced by any improvement scheme, appropriate any lands for the time being belonging to them which are suitable for the purpose, or may purchase by agreement any such further lands as may be convenient.'

HOUSE OF COMMONS.—AUGUST 9TH.

The House having gone into committee upon this Bill,

Mr. SHAW-LEFEVRE complained of the enormous compensation given for the property acquired by the Metropolitan Board under the Act of 1875, and also of the exorbitant sums charged in the shape of fees.

Mr. CROSS said that ample provision was taken in the Bill to remedy all the defects of the existing Act, and to prevent the public money being in future extravagantly expended.

The Bill then passed through committee, and was subsequently read a third time and passed.

THE PUBLIC WORKS LOANS BILL AND THE ARTIZANS' DWELLINGS ACTS.

HOUSE OF COMMONS.—AUGUST 9TH.

The CHANCELLOR OF THE EXCHEQUER, in moving the second reading of the Public Works Loans Bill, said: It is proposed that where a loan is made for a short period of 20 years or under it shall be made to bear interest at the rate of not less than $3\frac{1}{2}$ per cent.; that where it is for 30 years the rate shall be $3\frac{3}{4}$ per cent.; 40 years 4 per cent.; and if for a longer period, $4\frac{1}{4}$ per cent. These rates have been arrived at after consultation with the Public Works Loan Commissioners, and they are of opinion, and we are of opinion, that taking those rates we shall arrive at a safe and satisfactory basis. Obviously, where the loan is for a long period the risk is greater, and it is thought reasonable that the rate should be higher. The next provision is that the amount to be lent to any one body shall not exceed £100,000 in any one year. If the House is prepared to agree to the first two propositions—fixing the rate of interest, and limiting the advances to £100,000 a year in any one case—we may leave the question of repayment by annuity where it stands at present.

Mr. CHAMBERLAIN, in moving that the Bill be read a second time that day three months, said Birmingham had carried out the

Artizans' Dwellings Act, and had received an advance of a million and a half on that account. They were the best customers the Chancellor of the Exchequer had; they borrowed the largest amount of money at a profitable rate; and there was not the slightest doubt about the security they offered. The Artizans' Dwellings Act was a measure for which the Government took great credit. In order to provide improved dwellings for artizans in large towns, the Government offered to let local authorities have money at a lower rate of interest than they could borrow it in the open market; but now it appeared that the Artizans' Dwellings Act was intended as a sham, like the Agricultural Holdings Act. The Government took credit for a desire to improve the condition of artizans, but at the same time they never expected anybody to take them at their word. If this Bill were passed in its present form there was an end of the Artizans' Dwellings Act, and it might as well be repealed at once.

Mr. SHAW-LEFEVRE had also regarded the Bill from the point of view of the Artizans' Dwellings Act, and the effect that it would have on that Act would, in his opinion, be highly detrimental. It would add about one-fourth to the charge of local authorities for carrying out the Artizans' Dwellings Act. That would be a very great obstacle in the way of that Act.

The CHANCELLOR OF THE EXCHEQUER, in reply, reminded the House that there was in the Artizans' Dwellings Act and three or four other Acts a provision that the interest should be $3\frac{1}{2}$ per cent., or such a rate as would save the Exchequer from loss. In the Education Act the rate was actually limited to $3\frac{1}{2}$ per cent., but the term for which the loan would be made was not prescribed, and it might be limited to 20 years, and in that case this Bill would not affect the rate of interest, because he proposed $3\frac{1}{2}$ per cent. for 20 years. The Bill was read a second time.

THE ARTIZANS' DWELLINGS ACT (1868) EXTENSION BILL.

HOUSE OF COMMONS.—AUGUST 9TH.

Mr. RYLANDS protested against the Bill having been put down for a Saturday sitting, as it was a private member's Bill, and moved that the debate be adjourned.

Mr. TORRENS complained that the Bill had been very unfairly obstructed night after night, and yet objections to it had never been fairly discussed. The Bill could hardly be called a private member's Bill, for it contained a number of valuable Government clauses, inserted at the instance of the Local Government Board. It was most important that the Bill should pass. He appealed to the hon. member not to press his motion, and characterised his action as pure obstruction, for the Bill did not affect the constituents of the hon. member in the least.

Mr. COURTNEY thought that they ought not to be called upon to discuss this bill at half-past five on Saturday. It was a bill to amend an Act which had really been a dead letter.

Sir H. SELWIN-IBBETSON hoped that the House would consider the measure upon that occasion, as it had been remodelled and recast at the suggestion of the Government, and it was believed that it would now constitute a useful supplement to the Artizans' Dwellings Act. The Bill would deal with many matters not dealt with by the Government Bill.

Mr. SHAW-LEFEVRE agreed that the course was not to take private members' Bills on Saturday, but this Bill was really unopposed.

Mr. RYLANDS withdrew his objection.

The amendments in the Bill were considered and agreed to.

Mr. SHAW-LEFEVRE suggested that there should be the same limitation in compensation as was in the Government measure.

The Bill was read a third time.

HOUSE OF LORDS.—AUGUST 12TH.

The Artizans' Dwellings Act (1868) Extension Bill was read a second time.

THE ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

As we go to press, we are in the receipt of a notice calling an extraordinary general meeting of this company, to confirm the resolutions passed at the extraordinary meeting reported in our last issue. The meeting is called for eleven o'clock on Wednesday the 20th instant, at the offices of the company, Great George Street.

We strongly reprobate the conduct of the directors in again appealing to the shareholders for proxies. But it is only another illustration of the lengths to which men will go in entrenching themselves in power. The shareholders, however, will get tired of this kind of thing, and the proxy game may be repeated too often.



DIETETICS.

SUGAR AS HUMAN FOOD.

BY WILLIAM GIBSON WARD, ESQ., F.R.H.S.

(Concluded from page 67.)

SECOND ARTICLE—CANE SUGAR AND OTHER SUGARS.

IN our last paper we narrated how that honey was a very highly esteemed human food from the earliest ages down to the Norman Conquest—that through the great part of the habitable globe, this article of honey as well as other saccharine matters was as widely used and appreciated as it had been known from all time. That is, I am proceeding to prove that sugar as food has been consumed by man in all ages, over all countries, and is now the most important element of our daily diet.

Though honey is still to be had everywhere, it is not extensively used, being often a medicine or vehicle for it—a mere dish to be tasted at tea-tables, or a sweetmeat for children. The use gradually declined as cane-sugar came into the market. While the one was produced at a far less cost than the other, it was just as useful as food.

A dinner of the Brewers' Company on the 5th September, 1419, 7th of Henry V., was supplied with one quart of honey with a new pot. Though what they eat it with is a mystery. Surely it could not be with the *Brawne ove le musturde!* Or the *Swan stonard!* Or the *leche lumbard*, whatever that may be. As they then ate *porpoises*, we need not wonder if they did eat *leeches!*

Honey, pleasant and useful as it is, can only be consumed regularly by rural people, who keep bees. Often now, though, from the price being high, it is not consumed where it is gathered, but sent for sale to neighbouring druggists. The profit from keeping bees, and well attending to them, is well illustrated by a French anecdote. A Catholic bishop, going round his diocese, was often worried and pained by complaints of poverty from his clergy. He went to one house where every decent comfort seemed present, yet he knew that the stipend of the priest was quite as low as that of others. 'How is it,' said the bishop, 'that you, on your stipend, have every comfort and seem to be in affluence?' 'Oh!' said he, 'I have thousands of workers toiling for my profit.' 'What, what!' said the bishop.

'Come out here and I'll show you.' He took the bishop to his apiary all in good order. 'These fellow-helpers produce me a second stipend.' Ever after, as soon as any of his clergy began to complain of scant means, the bishop replied, 'Keep bees, keep bees.'

However, not so many are kept as of old—when an Anglo-Saxon farmer, by the laws of King Ina, held a farm of ten hydes, he paid as rent ten casks of honey for the first item. The decline in the numbers of bees kept, and the increase of the population, involved, centuries ago, the necessity of another supply of saccharine matter to feed the people.

For two thousand years or more the Chinese have used cane-sugar to assist the feeding of their dense population. From them the practice spread to Cyprus and Sicily. It may surprise many of my readers to learn that our West India Islands and the mainland of America received the great boon of the sugar-cane from Europe and at the hands of Europeans! How many believe that the sugar-cane is indigenous to Jamaica, Barbadoes, etc.! So far from it being the case, the seed of the sugar-cane never has germinated in the West Indies or America.

From the interior of Asia, and by the aid of the Chinese and the Saracens, Europeans got the sugar-cane. So early as 1148 a quantity of cane-sugar was made in Sicily. Lafitau relates the donation made by William the Second, King of Sicily, to the convent of St. Benoit, of a mill for crushing sugar-canes, along with all its privileges, workmen and dependencies; which remarkable gift bears the date of 1166. According to this author, the sugar must have been imported into Europe at the period of the Crusades. The monk Albertus Aquensis, in the description which he has given of the processes employed at Acre and at Tripoli to extract sugar, says that in the Holy Land the Christian soldiers, being short of provisions, had recourse to sugar-canes, which they chewed for subsistence. Towards the year 1420, Dom Henry, Regent of Portugal, caused the sugar-cane to be imported into Madeira from Sicily. This plantsucceeded perfectly in Madeira and the Canaries; and until long after the discovery of America these islands supplied Europe with the greater portion of the sugar which it consumed.

In my memory Lisbon sugar was inquired for by thrifty matrons—and they believed that their preserves were so much better than their neighbours' because they had this European sugar to boil with their fruits. Lisbon sugar has not been known to be imported into England even in the traditions of the trade. The term Lisbon sugar has been handed down in cookery-books—and thus is preserved a hint of a very old trade long passed away.

The Portuguese introduced the sugar-cane to Africa and to America. As early as 1506 it was carried to Hayti from the Brazils. It would appear to have been earlier introduced into St. Domingo, for on the second voyage of Columbus—about 1495—he found its cultivation widely spread there. About the middle of the seventeenth century the sugar-cane was introduced into Barbadoes and other English possessions in the West Indies from the Brazils. The valuable article of sugar-cane growth was rapidly spread in the Spanish colonies, and then quickly by the French, Dutch, and Danish in their possessions in the tropical or semi-tropical regions.

The produce of the sugar-cane was soon a matter of great

trade and wealth. From St. Domingo alone, at one time, was shipped 120 million pounds of raw sugar! The greater part was landed in France. Our British West Indies produced nearly 200 thousand tons! And nearly as great a quantity in addition was imported from other possessions.

But soon the colonial sugar met with a rival that has beaten it in the race of competition. Again Europe produces the sugar it consumes in greater part.

Margraff, a celebrated Prussian chemist, about the year 1747 made known the fact that in the beet-root there was a quantity of sugar large enough to pay for its extraction and purification. The idea did not influence any enterprising man to commence the manufacture of table-sugar from beets. Forty years after, another chemist, one Achard, followed the information of Margraff and extended his experiments. These experiments seemed so promising, and shadowed forth the potentiality of such a great fortune, that the brain of Achard was nearly turned. He announced that from beet-roots and leaves he could manufacture tobacco, molasses, coffee, rum, arrack, vinegar, and beer. No wonder that he thought beets far grander in promise than a waving field of corn, or an orchard of oranges in Seville or St. Michael's. He wrote deliberately that the beet-root was 'one of the most bountiful gifts which the Divine munificence has awarded to man upon the earth.' That inflated account did move the Institute of Paris to consider what could be done with beet-roots—but they only saw in them one of the elements of a salad for man, and a substantial winter food for cattle out of the coarser variety. Here, then, at that time, the dreams of chemical enthusiasts appeared to have been rebuked and silenced.

But a power even more influential than prospects of wealth took the beet-root into favour. Napoleon, bent on humbling England, if not by war, by the suppression of its trading power, issued his Berlin decrees, and determined to close the Continent from all consumption of our colonial produce. Then science was commanded at the decree of a tyrant to aid his schemes. A. M. Deyeux having proved to Napoleon that the beet-root would give the sugar required as food; an imperial manufactory was at once built, and in 1812 the manufacture of beet-root sugar to supply a nation was an accomplished fact. The profits were enormous. One year of extended trade produced enough money to pay for the whole manufactory. But the prosperity was but a short one. In 1814 peace opened the ports of France to colonial sugars, and the beet-root manufacture of sugar was a total failure.

The crash was too severe to be borne without some attempt at a resuscitation. Political necessities created the trade, and political favour, called 'protection,' could sustain it. A heavy; and increased and continually increasing duty on colonial sugar, and a bounty on beet-root sugar, soon decided the financial merits of the home produce. We have nothing to do here with the unwisdom of protection, so we only allude to it in the historical aspect of the beet-sugar manufacture. It has been a continual success under political protection. The manufacture, too, has vastly improved. It is not improbable that now, or soon, the manufacture will be self-sustaining—without bounties from the state or 'protection' against colonial produce.

According to the latest return, over 700,000 tons of beet-root

sugar are now annually manufactured in Europe. There is some grandeur in the magnitude of such a vast trade. There is some grandeur in overturning the sugar manufacture of Great Britain by the farmers' science of the Continent. At the present time our refined sugar is nearly wholly the produce of beet roots, the produce of our own climate.

Although the promises of Achard, the chemist, have not all been realised, many of them have been. Others, too, of a greater trade value than he, visionary as he was, ever shadowed forth when his wishing cap was on his head, have been realised. Beet molasses are distilled to make a coarse spirit—morally, of course, a great evil; commercially, a source of great trade and profit. The waste article of this distillation, known as *vinasse*, long treated as valueless, now produces 2,000 tons of carbonate of potash. From this waste product there are now produced other articles of great importance: one, chloride of methyl, an important means of making the methylated colours, and confining their manufacture to the countries making beet-root sugar. Again, this chloride of methyl, when evaporated, produces an intensely low temperature. So that now even mercury can be frozen freely.

It would exhaust the patience of our readers if we gave a full list of the varied forms in which sugar is given to man. In nearly every climate on earth—certainly in every one fitted for the habitation of man—there are grasses, or roots, or canes, or timber trees, all giving one of God's greatest gifts to man.

The poor Indian still gets, and long has got, his sugar from the maple-wood tree. The grass *sorgum* provides sugar for the Chinese, Malays, and others. The Arab eats his sugar in the form of dates. The inhabitants of Asia Minor can eat it in figs. Indeed, sugar is not only the main element of dates and figs, but it is nearly the whole solid item in grapes. It is, too, though in a less degree, a constituent of all our fruits.

Thus a kind Providence has marked it out as one of the essentials of our diet. It is present largely in mother's milk, as it is in the juices of vegetables, and in the sap of trees. It is so agreeable to every untainted appetite, that as confectionary or a table necessary it is about us, blessing us, from the cradle to the arm-chair of old age. It enters, too, into our language. When grateful, or the heart is gushing over with the memory of great blessing, then we thank God that He has for us *sweetened* the cup of life.

Surely, then, those who write of sugar as if it sowed a plague amongst us only betray what silly prejudices can be raised and supported by gross ignorance.

IMPORTANT NOTICE.

We have pleasure in announcing the commencement in an early number of an important Series of Articles upon

HOW TO FEED AN INFANT.

BY
BENSON BAKER, M.D.,

Licentiate of the Royal College of Physicians, London, Member of the Royal College of Physicians, England, &c., &c., &c.

AUTHOR OF

'THE SANITARY CONDITION OF THE POOR IN RELATION TO DISEASE, POVERTY, AND CRIME,' 'INFANTICIDE,' 'BABY FARMING,' ETC., ETC.

HYGIENE.

THE LONDON WATER SUPPLY.

On the 6th inst. a meeting was held in Exeter Hall, composed principally of working men, for the object of obtaining 'an abundant and constant supply of pure water for the metropolis under the administration of a Central Board, and to urge upon the Government the necessity of procuring powers by Act of Parliament to provide that supply.' Mr. Thomson Hankey, M.P., occupied the chair, and there was a good attendance.

The HON. SEC. (Mr. P. Justin O'Byrne) read letters of apology from a number of gentlemen, stating that previous engagements prevented their attendance at the meeting.

The CHAIRMAN, in opening the proceedings, intimated that the meeting was not one for discussion, but simply to call forth an expression of opinion from those most affected as to whether they had a grievance or not; and if they had, they were there to take steps for its amelioration.

Sir CHARLES DILKE, M.P., who was warmly received, proposed the first resolution, to the effect that the present supply of water in London is unsatisfactory, both in quality and in cost. He said the resolution aimed directly at the existence of the evil of which they were there that night to complain. Later on, other speakers would point out the remedy. With regard to the cost, which, though important, was the lesser evil of the two, he recollected some years ago, when there was an agitation on the subject, a gentleman made a calculation, and discovered it would be cheaper for him to connect his house with the nearest brewery and use beer than to continue to use water. (Laughter.) Water is the cheapest of the elements. The waterworks increased their rates all round without giving any increase in supply or quality. He advocated unity of administration, which, in his opinion, ought to be elective, and concluded by moving the resolution.

Mr. J. HOLMS, M.P., seconded, and said people might think they were there for the purpose, in a time of depression, of creating a new body with new expenditure. It was quite the contrary. They were now supplied with a bad article at an extravagant cost, and they were there to get a good article at a moderate cost. The net profit of the companies was three-quarters of a million per annum. He trusted that meeting would have a marked influence in inducing the Government to speak out on the subject.

The BISHOP OF LONDON, in supporting the resolution, said it was a business meeting, and, as such, each person spoke about what he knew best on the subject. He was a cockney born, and had lived forty years in London. He had had great experience among the working classes in an adjoining parish, in which there were large houses, formerly occupied by the nobility, but now let in tenements, each room containing one entire family. The water supply of all these was drawn from one common tank, and each family had to draw every painful of water they required from this tank. He had noticed that a scarcity of water produced dirt, and dirt produced a loss of self-respect. A constant supply of water tended not only to increase comfort but morality.

The Right Hon. LYON PLAYFAIR, M.P., proposed the next resolution to the effect that the creation of a central authority only could remedy these evils. He alluded to the important part water plays in man's organisation. Air and water were two absolute essentials for man's existence; yet air was never used for commercial purposes. It was absolutely necessary that their supply should be under a government authority. If a gas company gave them bad gas, they could use oil; but it was not so with water. They should have purity of source, a good retention of supply, and a constant supply.

Mr. WATHERSTON seconded the resolution. He said that the question had been considered by a select committee of delegates from the various vestries and district boards of London. The conclusions which they arrived at were that the existing arrangements for supplying the metropolis were defective, and that the defects are inherent to the system upon which the existing arrangements are based, so as to be permanently detrimental to the public interests.

Mr. HIGGS (working man) and Mr. J. B. FIRTH supported the resolution, which was carried.

Mr. BATEMAN, C.E., moved the third resolution—'That, with a view to urging this policy upon her Majesty's Government, it is expedient to form central committees in the ten metropolitan boroughs, by which the subject may be pressed upon the vestries, and brought before Parliament by petitions.'

Mr. JAMES BEALE seconded the resolution, and urged determination, energy, and perseverance.

Cardinal MANNING, in supporting the resolution, said: They had there that night representatives of the three great powers of the metropolis: the M.P.'s, the representatives of the vestries; the great middle and monied class, in whose hands was the intermediary government of the metropolis; and the working men. He hoped a council consisting of one hundred gentlemen and working men would be formed to look after the local committees in the borough, and commence an energetic action which would not cease until they had obtained from the government a pure and plentiful water supply.

Mr. Clark, Dr. Browning, Mr. Wright, and Mr. Brown having addressed the meeting, a vote of thanks to the chairman brought the proceedings to a close.

'TEMPERANCE.'

EVERYTHING that concerns the health of the people has a distinctly medical aspect. It is from this point of view we regard the question of 'temperance.' Alcohol, in all its forms, is dangerous to health and morals, to body and mind. It may be necessary to use fermented drinks as stimulants with food; but it cannot be said of any intoxicating beverage that it is itself, in a broad and practical sense, an integral part of ordinary diet. Its action may be, and doubtless is, in many cases, contributory to health, but it is not essential as aliment; and, like every other medicinal article or drug, there is in theory, if not in fact, a drawback to its use, and urgent need to prevent its abuse. A condition of matters wherein alcoholic drinks form the staple of thirst-quenching commodities is obviously unnatural, and must ever be fraught with peril to the community. Dilute acetic acid, the vinegar of commerce, is pleasant and probably useful as a condiment, and it forms the basis of many admirable and appetising sauces, of which most persons partake pretty freely, and, on the whole, to their advantage; the medicated waters and many occasional beverages are valuable in certain states of the system, and benefit rather than injure when taken in moderation; but even these things, all good in their place and time, would be hurtful if taken in excess. How much more perilous must it be to take habitually and at odd times and seasons, when the stomach is empty or when it is digesting food, quantities of a more or less strong alcoholic liquor? That the habit of drinking stimulants has long persisted in this and other 'civilised' countries, and that the European constitution has fairly well resisted, or perhaps we ought to say disguised, its effects, affords no sufficient explanation of the circumstance that the practice is continued, and even defended, now that its senseless nature and injurious tendencies are perceived.

It may be, as we have said, that the majority of educated persons require to be often under alcoholic treatment. It is conceivable that a nation might, racially, so impair the faculty of eyesight that the greater part of the population should be compelled to wear glasses; but if, failing to recognise the real cause of this state of things, spectacles came to be regarded as a part of dress, and everybody adopted them independently of any individual need, the position would be ridiculous and entail serious evils. The illustration may appear crude, but this is precisely what has happened in regard to the common use of intoxicants. Everybody takes this medicine because it happens to be pleasant, and to give the 'nerves' what is called 'a flip up,' and the habit has grown to be part of our hereditary and racial nature, so that it is practically forgotten that the article is a drug, and by no means one suited for general and unguarded consumption. Setting aside all mere conjectures, and avoiding even the suspicion of over-statement, it must be apparent to every thoughtful practitioner that to the direct or indirect, the hereditary or acquired effects of alcohol in one or other, or many successively, of its forms, we owe a large part of the disease to which the healing art is opposed. It is, therefore, impossible that the medical profession should fail to feel a constant and growing interest in the cause of temperance, or to be animated with a sincere desire to mitigate the disastrous consequences, and discourage the practice, of reckless and habitual dram-drinking. Our only quarrel with the

teetotalers is that they trust too much to prohibitions and pledges of total abstinence. With the same ultimate purpose, but a more practical knowledge of the needs of the people, we preach *moderation*, and in furtherance of this judicious reform, we hail anything and everything that may be claimed as an incentive to sobriety.—*The Lancet*.

INTERNATIONAL CONGRESS OF HYGIENE IN 1880.

ONE very hopeful feature of hygiene is that the advancement of this department of medicine is not confined to one country. We therefore trust that the proposed meeting at Turin in 1880 will be a successful one. The first meeting of this congress was held at Brussels in 1876, and the next at Paris in 1878. A committee of organisation has already been formed under the able direction of Prof. Pacchiotti. The Italian Society of Hygiene will take an active part in the management of the work to be done; and there is every reason to believe that the sympathy in the movement shown by other countries will be a clear manifestation of the progress that preventive medicine is making, and of the necessity of studying all questions that relate both to public and private hygiene.—*Medical Press and Circular*.

HOW TO MAKE THE HOUSE A HOME.

BY MRS. PERRIER.

(Concluded from page 68.)

As to natural science, in these days of increasing education and intelligence the time is fast coming when scarcely any one will be indifferent to that. Indeed, even now almost every one, although without time, taste, or ability for personal research, or for any deep study of the researches of others, can thoroughly enjoy information intelligibly and pleasantly given on almost any one of the numerous branches of the subject. The words 'science,' 'philosophy,' are big words to some people, and as big words are somewhat appalling; but the plain fact is, that a lecture on botany, zoology, entomology, etc., or on any of the separate facts belonging to those branches of natural science, is understood and appreciated by even an uneducated audience, perfectly incapable of being touched by the refinements of art, the graces of oratory, or the beauties and sublimities of poetry. In the household circle, those who could not, or would not, even did time permit, read long treatises or even shorter essays upon some of the many wonders of nature, can take a very real interest in the new beetle, or butterfly, or shell, or flower, added to the collection being made by the one or more 'natural philosophers' of the family, and will listen with pleasure to a discussion on the question of its classification. Still this, as well as music, must, as I have said, be regarded as a specialty among the means for home enjoyment. Let us look at those which are not.

Reading. The word is written, representing, apparently, a very simple act, naming an accomplishment which none but the most ignorant would acknowledge themselves unpossessed of—for, of course, I speak of reading in our native language—and which, thanks to national education, no one henceforth will be allowed to be unpossessed of; and yet the fact remains, and is indisputable, that sheer inability makes this accomplishment almost unknown as a means of promoting home pleasure.

'I hate to read aloud,' say the numbers to whom you suggest

it, and to whom you might very correctly rejoin, were it polite to do so, 'so should I hate to hear you.' But even at the risk of a little incivility it would be but honest to ask sometimes, 'Can you read aloud?' And no question that I know of is more necessary to be put to all teachers of the young than, 'Can you teach your pupils to read aloud?'

Why this accomplishment ever came to be so much, one may say so completely, neglected; why persons capable of 'reading to themselves,' as it is called, should have been allowed to remain incapable of reading to others, it is hard to say. Of those who can only stumble through a book, with little enjoyment of its style, and a very imperfect apprehension of its meaning, we must take no account at present. It is a pity that any persons in a decent position in life should be in this condition; but if they have arrived to maturity in this condition, it will be almost impossible to help them out of it; and it would be simply absurd to expect that they could in any way promote the enjoyment of others by stumbling through a book aloud.

It is only those who can 'read to themselves' with thorough enjoyment and real comprehension who can be asked to make the effort—not too late in their case—to render themselves capable of reading to others with like result. That the majority of them cannot do it is a fact, as I have said, indisputable. Even of those who are obliged to read in public, clergymen and other professional men for instance, how few do we meet who really read well—read well in the full sense of the term; for attention to pronunciation and punctuation alone do not constitute a good reader, and even in these simple matters how many are deficient! What inarticulate utterance, and what inattention to the division of sentences, or parts of sentences, do we hear in the Church reading-desk, in the lecture-room, in the Houses of Parliament!

Now, premising that the book, or whatever it may be, is in itself worth reading, the mere performance of reading it should be such as to give pleasure to the audience; and this pleasure we can have in its highest perfection only by the family fireside. In all 'societies' got up for 'reading,' from the grand 'Shakespearean' of cultivated circles down to the humble 'Penny' of the parochial district, there are drawbacks which need not be known round the domestic hearth. The pieces selected are too familiar to some, not familiar enough to others. In what are called 'penny readings' especially, the *only* pleasure most commonly is that of hearing a really good reader, if such an one performs. The pieces read are unconnected with each other, and unassociated, most probably, with any thoughts or recollections in the minds of the hearers. If unfamiliar, therefore, they leave no impression; and even if familiar, they recall no previous interest. What is this sort of reading to the pleasure of a new book, by a favourite author, read in turn by the members of a family, while the hearers are employed with their usual evening occupations; or to an old friend, one of the pets of the book-shelf, selected unanimously, and for every line or passage of which each one has his or her own special love and reason for love, every page of which has been at some time or other discussed and commented upon?

A parent can have no greater pleasure than in making his or her children acquainted with the wit, the pathos, or the wisdom which pleased or instructed his or her own youth; neither can the younger members of the family have a higher

enjoyment than in recalling the care-cumbered, world-worn parents from their anxieties by making them intimate with the living wit, wisdom, or pathos of their own day. A home where the work of reading aloud is practised, and the art of doing it is cultivated, needs little other indoor recreation, not to speak of the immense amount of information and wisdom which is to be had in this way by those who have little time for private study. I don't want to say much of this indeed, because I repudiate the idea that family reading should be all of the 'severely instructive' sort, either morally or mentally.

As regards making 'the house a home,' its primary object should be the home happiness of the family—always consistent, of course, with the happiness being conducive to their moral and mental well-being. Some further means may be suggested at a future time.

HOME LIFE v. CLUB LIFE.

BY THE REV. CHARLES H. COLLYNS, M.A.

THERE is a great rage in the present day for club life. Not only amongst the wealthier, and those who are supposed to belong to the higher classes, has this taste developed itself, but in the lower strata of society the like taste is growing. Those of us who are older remember when the Pall Mall clubs of the metropolis were the only large clubs in England; but now-a-days every big town, and some smaller ones, would think themselves behind the times if they had not their club. Political parties lay hold of the club as a portion of their regular organisation. Parsons have their clubs, trades have theirs, ladies have theirs, and the working-men have theirs. This love of *clubbing* is not really new. It has its roots in the natural desire of association. Dr. Johnson, Goldsmith, and their fellows, were *club-men*, and so were the ardent politicians of our early boyhood who met at the public-house to hear the *seven-penny* weekly newspaper read aloud by one of themselves, whilst they drank their glasses of beer and smoked their *church-wardens*. We suppose that the desire of meeting together for discussion and amusement, and, indeed, the advantage of doing so, will always keep clubs going; but as it is, we think, undeniable that there is danger in a too-extended development of club life, we are anxious to say a word or two upon this subject, and where shall we say them more suitably than in the columns of *House and Home*? We begin by premising what no thoughtful man will deny, that the strength, and health, and *wholesomeness* of national life depend mainly upon the cultivation of the home spirit. The home is the unit of national life, and the home feeling is the great binder together as opposed to the scattering and centrifugal forces of modern society. The Scotch poet, in his well-known verses, long since familiar to us as household words, has drawn a picture of family life. Develop the spirit of those verses, and you have the strongest possible safe-guard against looseness, unhealthy excitement, and demoralisation; and that is true even though the members of the family come to be scattered, some to the Southern, and others to the Northern, Ocean, for the home spirit will survive mere local separation. Destroy this spirit which Burns has sung, or weaken it, and you have lost one of the firmest natural bonds, and one of the most wholesome, which bind men to-

gether, and inasmuch as out of the family life the national life is built up, you have done your best to sap the strength of a vigorous and manly national life.

Now club life, unduly developed, acts on home life as a solvent and disintegrator. Take the clubs of Pall Mall as types of the rich clubs. They feed the taste for luxury, and they give the means of self-indulgence for a comparatively small sum. A young man, by payment of his entrance-fee and his annual subscription, can have rooms and furniture and attendance fit for a duke. A professed cook will tickle his stomach, and entice him to spend money extravagantly on the pleasures of the table. The card-room and the billiard-room will give him, may be, a taste for gambling. He will not marry early, one of the great preventives of immorality and ensurers of a vigorous future race, because he will tell you that he cannot afford to do so. Club life has made him too luxurious to appreciate the charms of a simpler and less costly home. If a man be married, he finds comforts and resources at the club which his more modest home perhaps is absolutely unable to afford him, and thus home becomes distasteful, the wife is deserted for many a long and wearisome hour, and not seldom is tempted in her turn, and the children grow up really homeless, though not houseless, without the pleasures, without the safeguards, without the unity, without the training, and without the sanctity of the home, themselves hereafter, unless they be recalled to better things, about to form a generation which has not known what home really is, and so, having lost the tradition of it, will be unable to hand it down.

It is bad enough if these things take place amongst the *upper ten*, but it is much worse if the evil extend itself down amongst our middle-classes and our working-men. These have hitherto been the back-bone of English morality. We deprecate, therefore, above all, anything which has a tendency to break up, or even to weaken, the sanctity and the oneness of the middle-class home. The working-man especially needs the sweetness and the strength of home life, lest his hard toil and his physical struggles rub off the amenities of his better nature. We have no word to utter against coffee taverns and the like places. More than all, whilst the liquor shop tempts, they are wholesome antidotes, but let every man and woman, whether richer or poorer, be assured that genuine home life, true family life, deserves carefullest tending, most loving watching at our hands. And nowadays it seems to us that such home life is easier for all persons than it was years ago. Thrifty folk can have better dwelling-houses than men had formerly. Food and clothing are cheaper; schooling for their children is close at hand; the newspaper, the periodical, the book, are to be bought, aye, and the best books too, for a few shillings—we had almost said for a few pence, certainly for the money's worth which goes every week in strong drink and tobacco. We say then, and say with much earnestness, to all social reformers, Whatever you do, do nothing to weaken the home tie—do all you can to strengthen it. Young men, marry early, not improvidently, but early, and *make homes*, not rent houses only, for yourselves, your young wives, and the children that shall be. If you possibly can, and by means of thrift and building societies this is within your reach, buy your own houses. Let the home be the first thought. Out of your home let the love of purity, the love of freedom, the love of

God, the love of country and humanity grow. Fathers and mothers of our middle-classes, do not despise the home spirit, and go in search of peace and happiness outside your own door-step. Do not let your lads be *club-lads*, let them be *home-lads*. Old England will prosper, and real reforms make way, if her people are a home-loving people. If they become essentially tavern and club men, good-bye to the sturdy English spirit.



CURRENT OPINIONS AND EVENTS.

IN connection with the annual meeting of the British Medical Association held last week at Cork, a temperance breakfast was held on Thursday morning, which was attended by upwards of one hundred medical men, the invitation having been given by the British Medical Temperance Association, a vigorous and energetic body, which consists of about two hundred medical abstainers. In the absence of the president, Dr. B. W. Richardson, the chair was taken by Dr. Norman Kerr, of London, and addresses were given by Dr. Alfred Carpenter, Professor O'Connor, Professor Jones, Mr. Ernest Hart (editor of the *British Medical Journal*), Dr. Scatliffe (London), Dr. Thompson (Bideford), and others. The subject of temperance was referred to in emphatic terms in the president's inaugural address, and also in several sectional meetings of the British Medical Association.

Mr. W. H. Smith, M.P. and First Lord of the Admiralty, presided at the closing of the Westminster Industrial Exhibition on Saturday last. Regarding a repetition of the exhibition another year, Mr. Smith made the following sensible remarks, which will be concurred in by visitors, if not by exhibitors:

'It has been suggested that Westminster, of all places, is perhaps the best suited for the repetition of such exhibitions. But let me say one thing—that simple repetition of an exhibition of this kind next year would, I think, be a mistake. To bring down the same ship, the same model of a lighthouse, the same piece of carving, or the same piece of furniture, would not be carrying out the object for which such exhibitions are held. We want to see, if not something absolutely new, at any rate some improvement—some step forward in the process of manufacture and production.'

'An Omnibus Servant,' in writing to the *Daily Chronicle*, ventilates a grievance under which conductors and drivers at present suffer. The grievance is this: Almost every omnibus-terminus is a public-house. The writer complains that it is impossible to get tea or coffee at some of these houses, and that where it is obtainable, more than double the ordinary price is charged for it. The result is that 'omnibus men are forced to spend large sums of money every day in drinks which they, in most instances, would discard, could they get at all times tea or coffee.' This is a state of things not only to be deplored, but to be remedied. The men are exposed to continual temptation, and the Omnibus Company would be consulting its own interests by initiating a complete change in the termini system.

A CHAT ABOUT THE LI-QUOR TEA COMPANY.

(From *The Christian World*.)

I THINK it is in winter-time most of us enjoy our tea more than at any other time of the year. When the sleet and fog and mud of winter cover the face of the earth, how pleasant, especially after a hard day's work, the home fireside, with its warm, welcome, and happy hearts! How gladly we exclaim with Cowper—

'Now stir the fire, and close the shutters fast;
Let fall the curtains, wheel the sofa round;
And while the bubbling and loud-hissing urn
Throws up a steamy column, the cups
That cheer, but not inebriate, wait on each;
So let us welcome peaceful evening in.'

There are few who feel not the exquisite pleasure thus depicted by the poet, and it will be a proud day for England when their number is infinitely increased, when the British workman realises the sentiment, and exchanges the public-house, with its riot, extravagance, and evil company, for the more refined and truer and more lasting pleasures of home. I must own that to me, amongst the chief pleasures of life are a nice cup of tea and a pleasant book to read while I am drinking it. Thus provided, I care not for the weather. There may be storms outside, but they do not reach me. There may be tightness in the money market, and millionaires may be in fear at the prospect of impending failure, and on 'Change (wherever that may be) there may be long faces; but the frugal man who has learned the pleasure of a quiet evening in the family circle, with a nice book to read, and a loving wife to pour out for him the grateful cup, will have a light heart all the while. Of course I do not advocate excess. Such awful tea-drinkers as old Dr. Johnson are not examples to be copied. He would keep Mrs. Thrale sitting up all night making tea for him, and I do not wonder that she got rid of him as soon as her lord and master, the wealthy brewer, died. But the tea-drinker is a better member of society in every respect—he does more for it, and takes less from it, than any other man; and to promote tea-drinking is to promote the welfare of the people and the progress of the nation in an industrial and moral and intellectual point of view.

In this respect the Li-Quor Tea Company may claim to rank not least among the benevolent and useful agencies of the day. It is their aim—and it is a novel one, and well worthy of the immense success they have attained—to provide the British public, especially in the provinces, with good tea and good books. As to the former, that end is attained by judicious purchase and by careful mixing of tea. Everyone who knows anything about tea knows that the buyers have exceptional palates, and that much depends upon their judgment as to the character of the tea introduced into the English market. It is a difficult and delicate business to select the proper tea with the requisite amount of strength and flavour, and equal judgment and care are required to blend growths of teas together, and to produce an article acceptable to the British public. In this respect, of late years, an immense improvement has been made. As our readers may be aware, we have taken to growing tea in Assam, and it has been found that the teas of Assam and China, when blended carefully together, form a superior article to either of them separately. One of the sights which most strikes the stranger as he visits the warehouses of the Company on Tower Hill is the machine which is employed for mixing the tea, which is ever rolling round and round mixing tea at the rate of 1,500 lbs. per hour. It is this tea that has been the making of the Company. I am quite aware that there are other processes required ere it be sent into the market. I have been all over the premises, which have increased considerably in extent since I visited them but a few months ago, and was struck with the weighing-room, and the way in which the tea is swiftly packed by clean and active men, and lads, and girls, all apparently working for a wage; but the mixing-machine still seems to me the main cause of the success of the Company—the tortoise that supports the elephant that supports the world. It is in the mixing-machine that the secret of the success of the Company is revealed. It is that which has made it to grow in an unprecedented manner. In last October alone the number of pounds of tea sold was 90,581. In the matter of agents the Company's progress has been equally marvellous. It is only a year ago, or little more, that their number was 170, and that was considered as an exhilarating and encouraging fact. In March last there were as many as 1,000—and every one was full of wonder—and now there are 3,000 of them. Agents have much to do with the success of a company. It is evident that in this respect the Li-Quor Tea Company is not badly served.

But there is another cause of the success of the Company. If you come with me to Tower Hill, you will find two houses filled with a noble and

gigantic collection of books. There they are, of all sorts and sizes, some with engravings, some without—all handsomely bound, and all attractive to the eye. As I turn over the volumes, I see a wise selection has been made. In all the crowded warehouses in which the books are placed, I see no rubbish, no volumes unfit for family reading, no volume which a father would refuse to put into the hands of a daughter, or which he would not read aloud at the family fireside. Let us look at them. Here are volumes of our best magazines, with the writings of our greatest living preachers and authors. There are standard editions of our great poets, such as Milton and Shakespeare, and all who in later times, inheriting their aspirations and their genius, have followed in the same path. Here are volumes of history, and travel, and romance, and adventure. Here are lives of great men, to

'Remind us
We can make our lives sublime.'

And who shall say what shall be the stimulus given to the youthful intellect in the cottage homes of England—what shall be the amount of gain to the nation and humanity all the world over, from the seed thus deposited bearing precious fruit? In the matchless elegy of Gray, the poet, as he contemplates the mute inglorious Miltons in obscure hamlets far away from the stimulus and strife of the city, regrets the chill penury that 'froze the genial current of the soul,' and deploras that

'Knowledge to their eyes her ample page,
Rich with the spoils of time, did ne'er unroll.'

As a means for the dissemination of knowledge, for the diffusion of it all over the land, the Li-Quor Tea Company, with its circulation of 30,000 volumes a month, stands unrivalled. Tea-drinking and reading always go hand in hand. The one and the other may be said to have commenced, as regards the public at large, at one and the same time, and it was a happy thought to have associated them together in a commercial enterprise. The idea was a stroke of genius, and deserves all the reward which a successful idea carries in its train. With each chest of tea sent to the agents of the Li-Quor Tea Company, containing forty-five pounds, are included fifteen volumes, and with the first of these volumes a small bookcase, intended for displaying them in the shop windows of the agents. Actually the purchaser of three pounds of tea is presented with a handsome volume according to his own choice. It is easy to see how it is done. When an association tells me that by purchasing their tickets I can get back my expenditure out of the profits, I own I am puzzled, even though I have heard dear Emily Faithfull lecture blandly and persuasively on the subject. In the case of the Li-Quor Tea Company the difficulty is more easily solved. As they have an enormous sale of tea, they can go into the market and buy up whole editions of standard authors on the most reasonable terms—on terms quite beyond the reach of the ordinary bookseller, who finds half-a-dozen volumes of any particular author quite as much as he can get rid of. It is thus the consumer of three pounds of tea is able to obtain a handsome and valuable work, and it is thus the more tea one drinks the quicker and the better is one's library filled. It will be a happy day for the land when every cottager will have his library of good books to read on a holiday, on a Sunday, or on a winter night. When that good time arrives the beershop will be robbed of its terrors and its charms, and intemperance will be no longer the disgrace of our nation and of our age.

'But,' says the captious critic, 'the buyer in consequence gets an inferior tea.' I reply, Certainly not; and I prove this in two ways. Firstly, as I have shown, the books, owing to the peculiar circumstances of the case, are purchased cheaper than ever the trade can purchase them; and secondly, however tempting the volume held before the buyer as a prize, it may be questioned whether that would be of any avail were the tea of an inferior quality—that is, were it inferior to that sold in the neighbouring shops at the same price. The new system of business, giving a book to every purchaser of a certain amount of tea, would, of course, at the outset, be the means, as Artemus Ward would say, of 'fetching the public.' It was a novelty, and the public is always fond of novelty; but novelty of itself cannot attract long. It ceases to be a novelty in a little while, and its charm is gone. To keep up and extend a trade, you must sell a good article. To fetch the public you must serve it well. An enormously increasing trade is the testimony which the public bears to the fact that the tea of the Company is as good as its literature.

As you enter St. Paul's you read that, if you require a monument of Sir Christopher Wren, its great architect, you must look around. The same may be said of the Li-Quor Tea Company. People may go to Tower-hill and see the warehouse filled with tea and books, they may gaze with wonder on the mixing machine, may admire the quick fingers ever weighing and packing—and the manner in which each little packet is filled up and labelled and marked off is, indeed, amusing; may praise the order and industry everywhere apparent, whether at George Street or the Postern House; may be struck with the business air of the head-quarters of the Company in Fenchurch Street; but the real trophies of the Company, and the best witnesses to its character, are to be found in the agencies scattered all over England, Scotland, and Ireland, teaching temperance and civilisation to the miner in Cornwall, the Manchester cotton-spinners, the ploughman in Norfolk, the ship-builder on the banks of the Clyde, the linen-weaver of Belfast—wherever, in fact, the Anglo-Saxon earns his daily bread.

CHRISTOPHER CRAYON* (J. Ewing Ritchie).

A SIGN OF THE TIMES.

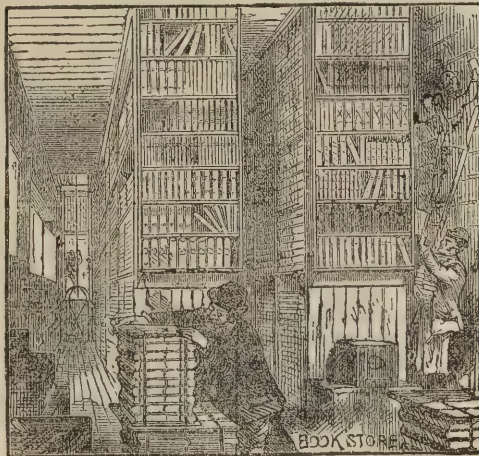
THE other evening, as I was walking along the Gray's Inn Road, I came to a respectable grocery establishment at which, to my amazement, instead of the usual adornments of a grocer's window, a neat bookcase was displayed with standard editions of the works of Walter Scott, Lord Lytton, and others. 'Dear me!' said I to myself, delightedly, 'what a sign of the times! Even our grocers have to resort to literature to attract customers. What a capital idea!' And as I stopped studying the case, there met my eye the words, Li-Quor Tea Company. The riddle had explained itself. The mystery was solved. I was standing, though I had not known it previously, before one of the shops inhabited by an agent of that Company. I had known the shop for years, but I had never seen the books there before, and that was to me a sign of the times, not only how the taste for reading was being extended, but that there, in that busy neighbourhood, so crowded with trade competition, a tradesman had felt that it was only by the aid of that Company that he could secure his position and out-distance his rivals.

Life is full of surprises. It is the unexpected that always turns up. A lad watches the steam coming out of a kettle's mouth, and thence we get the steam-engine, and the train, and the steamship, and the thoughts that move mankind. The purchase by a trader of a glittering stone with which a child was playing in a South African desert has flooded the market with diamonds. A hunter was led upon the spoor of elephants across the quartz fields and abandoned native workings, and the ancient gold fields of Ophir were rediscovered, and the steam power now brings home gold from Mataberland. The merest trifles lead to important issues. One would have thought to so ancient an institution as the tea trade no novelty could have been attached.

In our day it has been shown that by a skilful combination of good books and good tea, the Li-Quor Tea Company has risen to an extent of greatness and power in so short a space of time that its history reads like a page of romance rather than like a chapter from ordinary business life. Since 1877, when this Company started, 1,650,000 lbs. of this tea have been sold, and 550,000 books given away.

Naturally the reader is anxious to learn a little about a society which has achieved such wonderful results—which, young in years, has such a giant's strength, and whose agents are to be met with in all parts of the United Kingdom. At the last General Election we heard a great deal about the unholy alliance between Bibles and beer. I am not a politician and I am not able to say whether there was such an alliance or not, or, if there was, whether that unholy alliance was exerted in favour of the Earl of Beaconsfield—a truly remarkable man and orator—or in favour of that equally truly remarkable man and orator, the Rt. Hon. W. E. Gladstone, M.P.; but in the case of the Li-Quor Tea Company we have an alliance of the most blessed character between tea and literature, between stimulus for the body and the mind. A tea-drinking community is a happy community. The tea-drinker breaks no wife's heart, blights no happy home, sends no children out into the streets to starve or perish, and ends his days in no parish hospital or gaol, a workhouse or lunatic asylum, there to be maintained by ratepayers, many of whom are as ill-able to bear the burden of such as himself as paupers themselves. And the drinker of the Li-Quor Company's Tea finds, that as he drinks so does his library increase, and that week by week swells the goodly array

of literary treasure on his shelves, which not only helps to pass away a leisure hour, not only helps to make his home bright and cheerful, not only keeps him from the public house with all its vicious associations, but at the same time dispels his ignorance, quickens his understanding, gives him clearer views of himself and his relation to all around, and makes him, in every sense of the term, a wiser and a better man. The man meets with his appropriate reward; and great is the joy and the rejoicing as he stands here, with his household gods around, as he gives to the wife of his bosom the last packet of the Company's tea, and hands over to the young ones the last volume which is to be the delight and joy of that small circle in the long, cold, dark winter nights for many a long year. I have known many a good poem written on a worse picture. Of such families may England well be proud, and also she may well be grateful to the agencies that make them such. As to the outside of the premises of the Li-Quor Tea Company, I fail to see anything peculiar, except so far as to indicate the immense amount of business of which the various warehouses on Tower Hill may be said to be the centre and the head. It is the small picture at the bottom (surrounded by the tea-plant) which pleases me most.



PRINCIPAL BOOK-STORE IN POSTERN HOUSE.

But the other picture of the inside on last page, look at that! What a hive of industry and life, to be sure! Indeed, there is little room to spare except in that apartment, in which the great mixing machine hour by hour and day by day pursues the appointed tenour of its way, blending together the various brands which make up a total of which the connoisseur approves, and for whom the various tea-fields from China to Peru have been explored and ransacked.

In the tea-room we see how the monster is being fed. The choice result is then borne off to lighter and airier rooms, where clean and active young men, with a smartness acquired by long practice, weigh it out in packets, which the interesting young ladies in the next

compartment fasten up and decorate with coloured labels, which find their way into the square chests, which are in due course of time despatched north or south, or east or west, as the case may be.

But then each chest must contain its proper allowance of books, and for that purpose we visit the book-store, which reveals to us an immense stock of modern literature and such a collection of standard authors as, I believe, can be found on the premises of no great publishing firm in London or elsewhere, but which the Li-Quor Tea Company have selected for the approval of their customers—including handsomely-bound volumes of the leading periodicals, all full of the best thoughts of the best men of the time. One would like to linger here, but space is limited, and the claims of business are pressing, and idle spectators are rather in the way, as the attendants hastily select the books which have been chosen for the show-cases kept by the Company's four thousand agents throughout the kingdom, and pack them up with the tea for their respective destinations. They at any rate bear a blessing with them, and the directors of the Li-Quor Tea Company must feel that in thus extending an overgrown business they are not alone working for themselves, but are no mean agents towards the coming of that good time of which we hear so much, at any rate in song.

The Tea can be obtained in every town in the Kingdom. Write for nearest agent.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

There is nothing more certain than death, nothing more uncertain than the time of dying. I will therefore be prepared for that at all times, which may come at any time, must come at one time or another. I shall not hasten my death by being still ready, but sweeten it. It makes me not die the sooner, but the better.—*Warwick's Spare Minutes.*

Gross negligence, in the eye of the law, is said to be almost equal to malicious design.—*A. Smith.*

He that wants health wants everything.—*French Proverb.*

How can they who hate their neighbours be free from terror? or how can the voluptuous be ultimately free from pain? or he live happily who murmurs at Providence?—*Hindoo.*

It is in the nature of man to hate those he has injured.—*Tacitus.*

Friendship is one of the fairest productions of the human soil, the cordial of life, the lenitive of our sorrows, and the multiplier of our joys; the source equally of animation and of repose. He who is destitute of this blessing, amidst the greatest crowd and pressure of society, is doomed to solitude; and however surrounded with flatterers and admirers, however armed with power, and rich in the endowments of fortune and of nature, has no resting-place. The most elevated station in life affords no exemption from those agitations which can only be laid to rest on the bosom of a friend.—*Robert Hall.*

The idle levy a very heavy tax upon the industrious, when, by frivolous visitations, they rob them of their time. Such persons beg their daily happiness from door to door, as beggars their daily bread; and, like them, sometimes meet with a rebuff. A mere gossip ought not to wonder if we evince signs that we are tired of him, seeing that we are indebted for the honour of his visit solely to the circumstance of his being tired of himself. He sits at home until he has accumulated an intolerable load of ennui, and he sallies forth to distribute it amongst all his acquaintance.—*Colton's Lacon.*

Judge not those things you do not know or understand, nor admire persons or things that you are ignorant of.—*Tryon.*

I cannot contentedly frame a prayer for myself in particular without a catalogue for my friends, nor request an happiness wherein my social disposition does not desire the fellowship of my neighbour. I never hear the toll of a passing knell, though in my mirth, without my prayers and best wishes for the departing spirit: I cannot go to cure the body of my patient, but I forget my profession and call unto God for his soul.—*Sir T. Browne.*

He that has all his own mistakes confess'd,
Stands next to him that never has transgress'd,
And will be censured for a fool by none
But they who see no errors of their own.

DE FOE'S *Satire upon Himself.*

When good men are suffered to be in want, surely among the rich and noble friends must be a drug.—*Horace.*

A mandarin, who took much pride in appearing with a number of jewels on every part of his robe, was once accosted by an old sly bonze, who, following him through several streets and bowing often to the ground, thanked him for his jewels. 'What does the man mean?' cried the mandarin. 'Friend, I never gave thee any of my jewels.' 'No,' replied the other, 'but you have let me look at them, and that is all the use you can make of them yourself; so there is no difference between us, except that you have the trouble of watching them, and that is an employment I do not much desire.'—*Goldsmith's Citizen of the World.*

Those who expose their persons to the assaults of danger for fame, or for the defence of improper conduct, certainly have more blood than brains to spare.—*Zimmerman.*

THE HOUSEWIFE'S CORNER.

STEAK DUMPLING.

Take 1lb. of steak, cut it in pieces, make suet crust of finely-chopped suet, and mix paste with warm water; put the crust inside a greased basin; place at bottom a little bacon, then layers of steak, a couple of American oysters cut up, again bacon, steak, and another couple of oysters, pepper, and salt. Now add liquor of oysters which you have mixed with a little warm water and a bit of butter, and pour in. But little gravy is sufficient. Close up with crust. Cover over with a piece of clean paper, and steam by placing basin in a saucepan on a trivet, with boiling water at bottom. To this dumpling boil a cabbage, and when you turn the pudding out on the dish, open the top and just put in one spoonful of ketchup, when the rich gravy will run out on the dish.—*Food and Health Leaves*, by Mrs. Lewis.

A LIGHT SEED CAKE WITHOUT BUTTER.

Take the yolks of six eggs and three whites, beat them well half an hour, then add four ounces of powdered loaf sugar, mix it with the eggs; add eight ounces of flour and a few caraway seeds; stir the whole well together, and put it in a tin or basin lined with writing-paper, buttered. Half an hour will bake it if the oven be quick. A nicer plain cake cannot be made if care be taken in baking.

TO TAKE OUT MILDEW.

Mix soft soap with powdered starch, half as much salt, and the juice of a lemon; lay it on the linen on both sides with a painter's brush; let it lie on the grass, and as it dries, wet it again till the stain comes out. Or, rub the linen well with soap, then rub on it some powdered chalk; lay it on the grass, and as it dries wet it a little. It usually removes the mildew with twice doing.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 6d.

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Back page	5	0	0
do. do., per column	2	0	0
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Smaller advertisements, 3s. per inch, single column; 7s. double column.

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

* * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

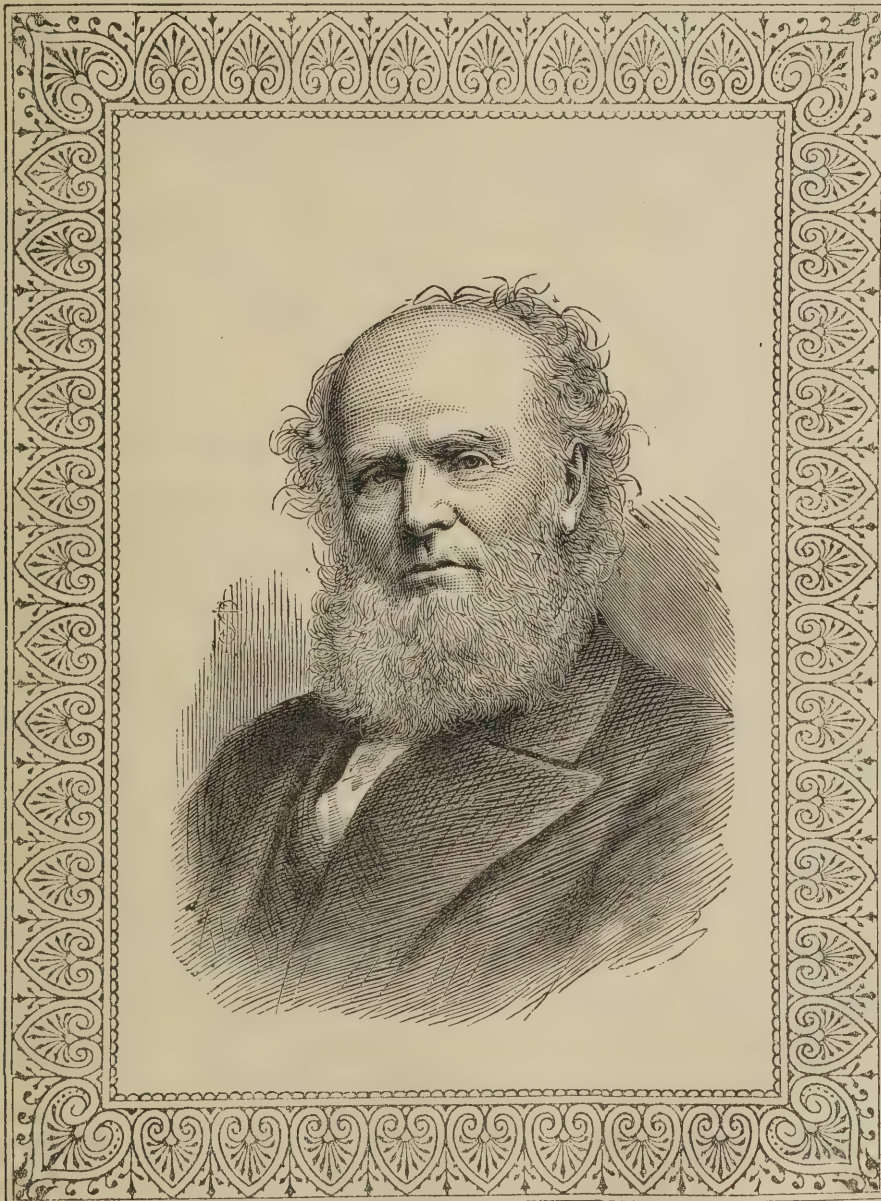
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 31, VOL. II.]

SATURDAY, AUGUST 23RD, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE LATE WILLIAM HOWITT.

A Weekly Journal for All Classes

DISCUSSING

THE HOUSE AND HOME: IMPROVED DWELLINGS; HYGIENE; BUILDING SOCIETIES; DIETETICS; DOMESTIC ECONOMICS

ENGLAND'S HOUSE IS A CASTLE. THERE IS NO PLACE LIKE IT.

PRICE ONE PENNY.
PUBLISHED BY L. B. LITTLE, LONDON

SATURDAY, AUGUST 23rd, 1879.



THE LATE W. LAM HOWITT.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: AUGUST 23rd, 1879.

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THE LATE WILLIAM HOWITT.

Few men deserved better of their generation than did William Howitt. For upwards of half a century his name, associated with that of Mary Howitt, his wife, who survives him, has occupied a prominent place in the literature of the age.

William Howitt was born at Heanor, in Derbyshire, in 1795. His father was a member of the Society of Friends, and William was educated in the schools belonging to that society. In 1823 he married Miss Mary Botham, in which year their first published work, 'The Forest Minstrel,' appeared. In 1826, a volume of poems was jointly issued by them. Mr. Howitt's 'Book of the Seasons' appeared in 1831; the 'History of Priestcraft' in 1833; 'Rural Life in England' in 1837; and these works were rapidly followed by 'Colonization and Christianity,' 'The Boy's Country Book,' and 'Visits to Remarkable Places.'

In 1846 Mr. Howitt became joint proprietor with Mr. John Saunders of the *People's Journal*, but they disagreed, and *Howitt's Journal* was started in 1847. Both journals merited support, but they were not long-lived.

Mr. Howitt visited Australia in 1852, returning home in 1854. He is the author of numerous works written since 1850, all of a useful and instructive character. He wrote the 'Illustrated History of England' for John Cassell, a work of which large editions have been circulated on both sides of the Atlantic.

His more recent books are: 'Ruined Castles and Abbeys,'

1861; 'History of the Supernatural in all Ages and Nations,' 1863; 'Letters on Transportation,' 1863; 'Discoveries in Australia,' 1865; and 'The Mad War Planet,' 1871.

Mr. Howitt died, universally respected, at Rome, on the 3rd of March last, and singularly to relate, his brother, Mr. Richard Howitt, died in England at the same hour.

PHRENOLOGICAL SKETCH OF THE LATE WILLIAM HOWITT.

BY PROFESSOR STACKPOOL E. O'DELL.*

THIS is a head one likes to look at, and we feel all the better for looking at it.

It gives us a respect for ourselves, to think that we are in some measure linked by the chain of brotherhood.

You cannot look at the beautiful without becoming more or less beautified. Mental beauty—moral beauty.

Do we want to become good?—let us look at the good. Study the good, and then we will soon come to act as they do.

If you know a man devoted to self, that is sensual or criminally inclined, compare his head with this and you will see the contrast.

If you ever go into a police-court, or attend the criminal assizes, take this likeness and compare it with the criminals you see there.

If you go on a race-course, take this head with you, and compare it with the professional betting men you will see there, and you will see mental, moral, humanizing, manly thought and desire beaming from one, and selfishness, cunning, craft, and demoralisation of every kind impressed, nay, burned into the countenance of the other.

In looking at this head we can verily believe that there are men 'but a little lower than the angels.'

Look at the width of this head, denoting ideality and sublimity, likewise refinement of mind—the true poetic temperament, the objection to, and shrinking from, the rough, coarse, uncouth, and unmannerly.

Here is causality and comparison, giving the philosophic spirit which lifts man from the puny jealousies, vexations, and paltry ambitions that often employ the lifetime of others; and while other minds would climb to greatness by the flowing blood, by the bleaching bones, by the widow's tears, by the orphan's cries, by the oppression and pauperising of, it may be, millions and nations, this man would consider it a far greater honour to heal a wound, to dry a tear, to shelter a widow, to provide for an orphan!

Here is a cast of mind, the leading traits of which we should all try and emulate and develop.

* Consulting Phrenologist, London Phrenological Institution, 1, Ludgate Circus, London, E.C.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE ARTIZANS' DWELLINGS ACT (1875) IMPROVEMENT BILL.

HOUSE OF LORDS.—AUGUST 13TH.

The Artizans' and Labourers' Dwellings Improvement Act (1875) Amendment Bill was read a second time, and the Standing Orders relating to the progress of Bills having been suspended, the Bill went through its remaining stages.

THE ARTIZANS' DWELLINGS ACT (1868), EXTENSION BILL

HOUSE OF LORDS.—AUGUST 14TH.

This Bill was read a third time and passed.

ARTIZANS' DWELLINGS ACTS AMENDMENT AND IMPROVEMENT ACTS.

It is a matter for hearty congratulation that the Session just ended was not allowed to pass away without improvements being introduced into the legislation passed in previous Sessions for the improvement of the dwellings of the people.

The amended legislation is of a character to remove serious obstacles which were found to obstruct the working of these Acts, and it is to be hoped that the work of improving the dwellings of the poor will now go on, if not with rapidity, at least with spirit. Ambitious and too costly schemes of improvement should, however, be avoided, as these will tend to make the ratepayers disaffected.

Mr. Torrens may be congratulated that he has succeeded, as a private member, in carrying his beneficent measure in a Session beset with more than ordinary difficulties. By his success metropolitan vestries and authorities have the means placed at their disposal of making 'slum property' habitable, without sacrificing the interests of, or unduly compensating, the owners of such property. The Act of 1868, as now amended, will enable a gradual and steady work of improvement to be effected at but little cost to the ratepayers, but of immense and inestimable value to great masses of our London population, at present housed in tenements not fit for cattle.

HYGIENE.

THE WATER SUPPLY OF LONDON.

HOUSE OF COMMONS.—AUGUST 13TH.

Mr. FAWCETT called attention to the water supply of London, and moved a resolution declaring 'that, in view of the fact that the Metropolitan Board of Works has been unable to pass any measure dealing with it, this House is of opinion that it is a subject which ought, without further delay, to be dealt with by the Government.' In an interesting and exhaustive account of the existing arrangements for obtaining and distributing the water supplies of the metropolis, he showed that they were to a great extent objectionable in quality, but that the appliances for distribution, storage, etc., were still more defective. He went also in great detail into the question of expense, showing that, owing to excessive waste and other causes, the supply in London is much more costly than in any other large town. From all this he contended that it was necessary to go on a new tack, and he expressed his entire concurrence in the conclusion of Mr. Ritchie's Committee, that there should be a consolidation of the companies under a central authority to supply the metropolis, not so much for profit as for public advantage. This, he contended, was the only means of obtaining a constant supply at a high pressure, and in discussing the question of compensation the hon. member, while admitting that under certain circumstances it might be justifiable, argued that the companies did not enjoy a legal monopoly, and therefore that the public did not occupy the position of a helpless victim.

Mr. SCLATER-BOOTH said the subject was under the consideration of the Government, but no explicit statement must be expected from them now. At the same time, he did not admit that water was dearer in London than in the great towns, and bore testimony to the readiness of the companies to remedy any complaints which he had brought before them.

Mr. A. PEEL hoped the Government would accede to the motion, and while agreeing in condemning the evils of an intermittent supply, and admitting the advantages of placing the supply under the control of a public body, held that the possibility of obtaining a purer supply ought not to be lost sight of.

Mr. CROSS, after some general observations on the water supply, agreeing on the necessity for great improvement in the quality, mode of supply, and cost, said he was quite alive to the evils and was not afraid of the difficulties. Without expressing any decided opinion prematurely, he promised, on behalf of the Government, that the subject should be fully looked into in all its bearings before next Session, to ascertain whether the water supply of the metropolis could be improved without any material increase in the cost, and whether it would be necessary to call on the companies to surrender their powers into the hands of some central body appointed by the Government. He hoped, therefore, that Mr. Fawcett would not press his motion, which might tie the hands of the Government and produce other injurious effects by depreciating the stock of the companies or raising hopes which could not be realised, or otherwise. But it must be understood by those who dealt in these shares, that if the Government undertook any scheme of this kind, no action which the companies might take, no speculative arrangements into which they might enter, no prospective addition which they might make to the value of their shares, would be taken into account. The Government would take the shares as they found them, say, at the last day of the last half-year.

Sir C. DILKE thought the statement of the Home Secretary very satisfactory, and hoped that it would be unnecessary to take a division on the motion.

Mr. B. COCHRANE warmly advocated an improvement in the water supply, while Mr. SAMUDA argued that the existing supply from the Thames was quite sufficient in quantity, and might be dealt with by co-operation of the companies so as to be totally

unobjectionable in quality. Mr. SHAW-LEFEVRE also made some brief observations, after which Mr. FAWCETT withdrew his resolution.

DR. WHITMORE'S REPORT.

DR. WHITMORE, in his report to the Vestry of St. Marylebone, made on the 14th inst., states that by comparison with previous years, the quality and composition of the Thames water supplied by the West Middlesex and Grand Junction Water Companies had been fully maintained. With regard to the metropolitan water supply, the very important question as to the desirability or fitness of its present sources, its quantity, quality, modes of distribution, and cost, continue to be, as they have been for some years past, highly controversial, and out of this there has undoubtedly grown, in the minds of the public, a feeling that our water supply, at least that from the river Thames, is more or less polluted and unfit for drinking purposes, that its present mode of distribution is also objectionable, and that an extravagant price is charged for it. The suitability of the river Thames as a source of supply has been fairly tested for years, and there is evidence showing the improbability of the supply being diminished. There is no evidence to show that when drank in the condition sent to the consumer, through the water companies' mains, that it is calculated to cause epidemic disease, or increase the death-rate of those using it. That polluted water has in most instances caused cholera, fever, diphtheria, and diarrhoea is certain, and that in several instances the water was drawn from the river Thames; but then the pollution, not being a constituent of the water, did not come with it, but was imported into it after having been delivered to the consumer. }



NATIONAL WATER SUPPLY EXHIBITION.

ON the 14th inst., at the Alexandra Palace, this exhibition was inaugurated under the most favourable auspices. The object of the committee has been the accumulation of information from all sources—from men of science as well as from manufacturers and dealers—and it has not been considered wise to fix any particular date as the latest on which exhibits can be received, so that many more will certainly be added to those already on view. The committee hope that the information which they are able to afford will help local boards, those who have the control of water supply, and perhaps even the Legislature itself, in knowing with accuracy what are the facts that have to be dealt with. The exhibition itself is really an outcome of the correspondence between the Prince of Wales and the Premier. It appears that in the course of the last few days twenty mayors of provincial towns have added their names to the list of patrons. Amongst those present were Mr. Chadwick, C.B. (who occupied the chair until the arrival of the Lord Mayor), Professor Seeley, F.R.S., Professor Wanklyn, Colonel Frank Bolton (Local Government Board examiner of water), Mr. W. S. Mitchell, Mr. Henry Robinson, C.E., Mr. J. Cooper, Mr. W. H. Jones (manager of the Alexandra Palace), Mr. Atchison (secretary of the committee), etc.

After luncheon, the CHAIRMAN, in the absence of the Lord Mayor, gave the toast of 'The Queen,' and said it must be peculiarly welcome to that assembly, seeing the great interest her Majesty and the royal family took in all sanitary matters. He had no hesitation in saying that if the same attention was paid by landlords generally to their cottages as the Queen paid to hers—indeed, as the Prince of Wales also paid to his—there would be reason for a jubilee once in every three years for the saving of life and the preservation of health. (Cheers.)

The toast having been duly honoured, that of 'The Prince of Wales and the rest of the royal family' was also given.

The CHAIRMAN said it must be a matter for congratulation to all present that the House of Commons, by what took place the previous night, had shown a readiness to deal practically with the question; and it was equally satisfactory to all parties to find that the Secretary of State had made the announcement which he then made on behalf of the Government. (Cheers.) His belief was that the more they studied the sources from whence the water was obtained, the mode of distribution, and the diminution of waste, the more would the death-rate be decreased; and, indeed, all past experience had proved that. He had very much pleasure in proposing the toast, 'Success to the National Water Supply Association.'

The toast having been received with much cordiality,

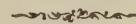
Professor WANKLYN, in responding, said that the present water companies could give a supply of pure water if pressure was put upon them, and the association was in favour of giving them a fair trial.

Professor SEELEY, in speaking to the toast, said that the association acted on the principle that the very worst of water could, by means of filtering, be made as fit as water could be for drink. Under that conviction the committee desired it to be known, and universally known, that it was not an impossibility to supply good water, without consideration as to whether it came from the chalk, from deep wells, or from other sources.

The Lord Mayor arrived at this juncture, and Mr. Chadwick vacated the chair.

The LORD MAYOR said: Mr. Chairman, Ladies, and Gentlemen—It has afforded me very great pleasure indeed to be here to-day and formally to inaugurate this most excellent and interesting exhibition. I very much doubt whether any person holding the office of Lord Mayor could be better employed than in drawing public attention to the great advantages derivable from a proper supply of good, wholesome, and pure water, and to the vast difficulties which every town in this kingdom has more or less experienced in obtaining this supply. Your prospectus rightly states that the correspondence between his Royal Highness the Prince of Wales and the Prime Minister has revived the popular interest in this all-important subject, and looking round this admirable exhibition, as I have had the pleasure of doing, I feel certain that the various plans, designs, models, and other appliances, scientifically and ably grouped together, will much enlighten the public in this matter. The exhibition is as simple on the one hand as it is scientific and abstruse on the other. It will interest not only the chemist in his investigations into the physical and chemical properties of water, but it will be of value to the prudent housewife in showing how to prevent waste of water, and it will teach the bachelor in his lonesome existence how properly to brew his morning cup of tea. (Laughter.) I am afraid that I have already wearied you by these words. I will content myself by wishing this exhibition the great success it deserves, and by tendering its promoters my thanks for the compliment they have paid me by asking me to come here to-day. (Cheers.)

The health of the Lord Mayor having been proposed by Professor SEELEY, was responded to by his LORDSHIP, who said he hailed with pleasure the proceedings in Parliament on the water supply question.



HABITUAL DRUNKARDS AND STATE CONTROL.

A GENERAL meeting of the Society for Promoting Legislation for the Control and Cure of Habitual Drunkards was held on the 29th ult., at 1, Adam-street, Adelphi, the Earl of Shaftesbury, president, in the chair, supported by Mr. Charley, M.P., Dr. A. Carpenter, Surgeon-General Walker, Dr. Dowse, Dr. Grindrod, Colonel L'Estrange, and others.

Letters of apology for absence were received from the Archbishop of Canterbury and York, the Lord Chancellor, the Duke of Westminster, the Bishop of Gloucester and Bristol, the Right Hon. W. Cowper-Temple, M.P., and others, including several members of Parliament.

The SECRETARY read the report, from which it appeared that the Habitual Drunkards Act, as passed, did not come up to the expectations of the committee, who, however, congratulated all interested in the reformation of the inebriate on the affirmation by Parliament of the principle on which the Act was based. The Act was permissive; but as more than 90 per cent. of the admissions to 'retreats' in America had been voluntary, the committee had every confidence that, provided only adequate opportunity were afforded, many confirmed drunkards would gladly avail themselves of the power of isolation for a time from the many temptations by which they were at present surrounded. As the Act would only be in force 10 years, and as its application was limited to voluntary effort, it was needful for the society to redouble its efforts to prove

the measure a success, and thereby to secure an indefinite prolongation of its operation, and the addition of strong enabling powers to municipalities and other local authorities. It would also be the duty of the committee to stimulate extensive efforts, both public and private, to establish 'retreats' under the Act for the control and curative treatment of habitual drunkards, and especially to aid in originating some such institutions, on a large scale, for the reception of police-court and other confirmed drunkards.

Mr. CHARLEY, M.P., in moving the adoption of the report, spoke of the great amount of work they had done on the small outlay of about £150. He expressed regret that it had been necessary to omit certain clauses, in order to carry the bill through the Legislature. As it at present stood, the Act proceeded on the same lines as a measure of the Victorian Legislature, on which basis the Act was founded. It had been his duty to draft the bill in its original and amended form, and he was glad that so much of his handiwork remained. The Lord Chancellor had altered his definition of an habitual drunkard, and it now stood thus—'An habitual drunkard means a person who, not being amenable to any jurisdiction in lunacy, is notwithstanding, by reason of habitual intemperate drinking of intoxicating liquor, at times dangerous to himself (or herself) and others, or incapable of managing himself (or herself), and his (or her) affairs.' He trusted that the Act would be the means of many habitual drunkards being reformed.

Surgeon-General WALKER having seconded the resolution, the same was carried.

The meeting having been addressed by Mr. F. Gray, Dr. Dowse, Colonel L'Estrange, the Rev. J. Haslock Potter, and Dr. Blandford,

Dr. ALFRED CARPENTER moved: 'That this meeting is of opinion that a vigorous effort should be made to promote the establishment of typical institutions, suitable for the treatment of all classes of habitual drunkards.' He remarked that it was necessary for them to take the initiative, as capitalists would hesitate to invest money, as the Act would only operate for 10 years.

Dr. GRINDROD having seconded the motion, it was agreed to.

On the motion of the Rev. Canon ELLISON, a vote of thanks was accorded to

Lord SHAFTESBURY, who, in reply, said he had much pleasure in attending the meeting, because it was the consummation of their labours, and they were about to enter upon the work the Legislature had put in their power. The bill was carried as an experiment. It was felt that legitimate experiment was necessary, with a view to see if in any degree the enormous evil of drink could be reduced. A great deal would depend on the success of the experiment the society made, as to whether the subject was pursued further. If they were successful in the cure of a large number of cases, the work would be carried a great deal further than the present bill. His lordship did not think physical treatment of the drunkard was all that was necessary; more instruction and healthful occupation should be added. The superintendent of an institution in the matter should be kind, sound-hearted man, able to deal with the hearts and minds of others. He would not advise the admixture of all classes under one roof. He did not understand that they were going to found institutions of their own, but to bring about the establishment of model institutions for imitation. If he might judge from cases he knew, he believed there were thousands who would be glad to avail themselves of the means of cure; but he was afraid that the formalities before magistrates prescribed by the Act would deter women coming forward, as they would not care about being declared habitual drunkards in open court. It was a grand work in which they were engaged, and he hoped God's blessing would rest upon it. (Cheers.)

The meeting then separated.

[This report has been crowded out for several weeks.]

DIETETICS.

SUGAR AS HUMAN FOOD.

By WILLIAM GIBSON WARD, ESQ., F.R.H.S.

(Continued from page 78.)

THIRD ARTICLE.—WHY IT IS REQUIRED.

MAN gains his force and keeps up the heat of his blood by combustion. After the full development of the body there is but little for food to do, except this provision of fuel for combustion. The notion that there is a great daily waste to repair is a wrong one, often leading the majority of the human race to defile and destroy their organs by the excess of food taken, particularly by taking—unnatural food for man—flesh of all kinds, which surplus food gives the kidneys excessive exertions to eliminate its products from the body, generally ending in destroying them by one of many diseases that they are liable to under the infliction of unnecessary nitrogenous food.

To injure and destroy the kidneys is not, unfortunately, the sole evil of unnecessary and unnatural food. Generally the gastric juice is provided to digest the amount of food that the body requires, but not for the quantity that the ordinary feeder puts into his stomach. Then the result is, a mass of food is left in the stomach undigested, to ferment and pass into an acid state, giving rise to many troubles of a transitory character. By continuing day by day the same excess, the evil becomes permanent. The lactic acid diathesis is set up, and fearful evils follow. Here is one crippled and tortured with rheumatism; and there is another undergoing fearful suffering with gout. These are gradually swept into an untimely grave by heart-disease and other destructive maladies. It is very difficult, in a short article, to state even the diseases that follow unnecessary and unnatural diet. One of the most serious points is in a woman about to become a mother. No infant has rickets, or *rachitis*, but it is the mother's fault. She has lactic acid in excess in her system, she gives a similar excess to her child which dissolves the phosphates out of its bones, and makes them too elastic to bear the child's weight. Her blood is nearly putrid, and her child is born with small-pox, or the blood predisposed to it, waiting for the pollution of measles or small-pox.

At the middle or latter period of life, men and women who have been thought moderate, and never given evidence, by serious attacks of disease, of the excesses that they have committed—which excesses it is admitted can only be so termed—from the moderation nature requires. These persons begin to complain of head-ache, of feeling indescribably wrong; presently their minds fail, idiocy or mental prostration sets in, and then death. The softening of the brain, as it is called, is only that the excess of lactic acid is dissolving it, and so destroying it as the organ of the mind.

Then let it be understood that adult people require little nitrogenous food. That the flesh of animals is never required at any age. But young children, and adults, and aged persons all require the elements of force and the means of sustaining animal heat.

An active adult consumes 40,000 cubic inches of oxygen every day. A similar quantity of carbonic acid gas is expired.

every day. That is, the oxygen is combined with carbon by the process of respiration, and by processes some of them very obscure. But the result is clear enough to our apprehension.

This expired 40,000 cubic inches of carbonic acid gas weighs 18,600 grains, and contains 5,070 grains of pure carbon. This carbon must be supplied daily, or it would be taken from the body. If not supplied, the body is soon exhausted, and, of course, death steps in to end the scene. Supposing that life could be held to a wasting body until the last atom of carbon was consumed, an ordinary man weighing ten to eleven stone would be melted up and breathed away—his solids become thin air and vapour—in ten to eleven weeks.

Then this eleven ounces and a half of pure carbon must be supplied in our daily food, or death results. It must be supplied, not simply chemically, but physiologically, right. More, it must be supplied in an appetising form.

A little over two pounds of bread will provide it. Indeed, it may be said that starch or farina largely supplies it throughout the world. But starch or farina—the flour of seeds—is totally indigestible to human beings. It must be converted into a sort of sugar preparatory to digestion.

The maltster's art is that of converting starch into sugar. By germinating the barley a chemical principle is aroused or developed called *diastase*—it is but as one to five hundred of the barley—but it is sufficient to convert all the starch into sugar.

Our saliva contains a similar ferment called *ptyaline*, and this article turns all the starch or farina of our food into sugar. Such, in one instance, is nature's testimony to the beneficial use of sugar.

Here is a clear fact or two to be noticed. The salivary glands are not developed in the carnivorous races, because with their exclusively flesh diet there is no starch or farina to convert into sugar. Again, as starch is indigestible without conversion into sugar by the saliva, an infant whose salivary glands are not developed until after the teeth, or part of the number of them, are cut, cannot live on starch. Yet infants are daily tortured and destroyed by silly or cruel mothers attempting to sustain them on flour and water.

There are many articles containing enough carbon to meet the demand of the respiratory process, but they do not comply with physiological claims, or the claims of appetite. Train oil and animal fat are excluded at once. Butter can never only be a small assistant in the matter.

Practically, then, sugar is the great and foremost human food. For starch is, in its chemical elements, identical with sugar, and in its organic form has to be converted into sugar to suit the economy of the human frame.

Man has but a limited oxygenating power. This power regulates the comparative usefulness of various carbonaceous foods.

One pound of sugar of milk is consumed by 187 volumes of oxygen. One pound of cane-sugar by 196½ volumes of oxygen. One pound of starch or farina by 207 volumes. One pound of fat by 511¼. These calculations are Liebig's; and the man with small chest, or the man taking little exercise, may see at once that sugar, or compounds containing much sugar, give to such people the best results.

Considering the limited power of oxygenation possessed by

most men, and the disadvantage many are under in breathing such atmospheres as London and Manchester, it becomes a very serious question with such people as to how they can use their limited powers to produce the best results to them.

The amount of force and heat to be got out of ordinary carbonaceous materials has been calculated by Liebig as follows:

One hundred measures of oxygen consuming sugar of milk develops a force equivalent to raising 28,996 pounds. The same quantity of oxygen with cane sugar, 28,704 pounds; consuming starch or farina, 28,356; consuming fat, 27,674.

Sugar of milk being too costly an article to be used in daily diet, and fat being physiologically unfitted for human diet, the evidence is so wholly on the side of sugar that it becomes a question how lecturers and writers could have fallen into the error of discouraging the use of sugar. For their benefit, however, I will give calculations of a different kind to those of Liebig—those worked out by Frankland, and indorsed by Dr. Pavy and others:

Equivalents in force but dissimilar in cost.

			s.	d.
Lump sugar	1.505lbs.	3½d.*	costs	0 5¼
Butter	0.693 "	18d.	"	1 0½
Oatmeal	1.281 "	2d.*	"	0 2½
Whiting (fish)	6.369 "	16d.	"	9 4
Lean ham, boiled	3.001 "	18d.	"	4 6
Lean beef	3.532 "	12d.	"	3 6½
Lean veal	4.300 "	12d.	"	4 3½

That is, the same equivalent of force costs these various sums. Oatmeal unhesitatingly is the cheapest and best article of human diet. But it is not my present task to survey all the articles of human diet; I have only to consider sugar as one of them—to estimate its influence fully on the human frame and establish its thorough usefulness; its pleasantness none deny, except the brandy drinker and the wine and beer bibber; the child and the man equally love sugar and confectionary, as long as the appetite is untainted or uncorrupted, and they find an increased desire for it as the temperature decreases.

Surely, then, when we see that of all solids starch and sugar are the most required in our daily diet, and that by the arrangements of our Creator starch must become sugar before it is digestible as human food, and that by the arrangements of the same wise Almighty starch and sugar are the cheapest products of nature, and most widely diffused through the earth, we have an abounding and overwhelming testimony to the mistake made by those who denounce sugar as a curse to the human race.

THE CHEMISTRY OF A LEMON.

(From the *Dietetic Reformer*.)

ALL information upon the chemistry of food is valuable. The secret of the healing power of lemons in scurvy, rheumatism, and other diseases should be widely made known. About thirty years ago, Dr. Garrod called attention to the predominance of

* In these instances I have named the price these articles cost me at the present time.—W. G. W.

potash in the ash of the lemon, and to the fact that this constituent was the source of its remedial agency in scurvy, &c. The Chemical Society, at one of their meetings, discussed lemon juice, and it was then proved that 44 per cent. of the ash of lemons was potash. This statement was published in the *Athenæum* for December 24th, 1853, as well as in the *Chemical Society's Journal*. Since then, in 'Watt's Chemistry,' by another experimenter, it was found that 39 per cent. of potash was present. But there has been published in 'A Dictionary of Hygiene and Public Health,' by A. W. Blyth, M.R.C.S., F.C.S., etc., a later analysis. We give it here :

Sulphuric Acid	10'59
Carbonic Acid	16'33
Chlorine	0'81
Phosphoric Acid	6'74
Ferric Phosphate	1'32
Lime	8'89
Magnesia	3'02
POTASH	47'84
Soda	3'32
Silica	0'70
Loss	0'42

100'00

Some twenty-five years ago, or more, was published 'The Island World of the Pacific,' by Dr. Cheever. At page 47 there is a full statement of scurvy-suffering and its relief. 'It seems to have been discovered of late that the true source of scorbutic disease, as it shows itself in our ships and prisons, is the want of potash in the blood; that salted meat contains little more than half the potash in fresh meats; and that, while an ounce of rice contains only five grains of potash, an ounce of potato (query, misprint for a pound) contains one thousand eight hundred and seventy-five grains, which accounts for the great increase of the disease since the scarcity of the potato. In patients under this disease, the blood is found to be deficient in potash; and it has been ascertained by repeated experiments that whatever be the diet, such patients speedily recover if a few grains (from twelve to twenty) of some salt of potash be given daily. Lime-juice is regularly ordered in the navy as a specific for the disease, and the reason of its efficacy is not the acid, but the amount of potash, being eight hundred and forty-six grains* in an ounce (again a misprint). On these facts it seems possible to found a slight, but very salutary, improvement in the navy. Let a portion of tartrate of potash (that is—fruit salt) be regularly mixed with lime juice,' etc.

Henry Simpson, M.D., Physician to the Manchester Royal Infirmary, said in a recent lecture: 'Potatoes, which every one eats, consists mainly of starch, and they are, besides, most valuable as a protection against scurvy. You have all heard how the men suffered from scurvy in the late Arctic Expedition, and it is pretty clear that the reason was the want of lime-juice on the long heavy journeys with the sledges. Now what the lime-juice ought to have been to these brave men, the potato is to most of us. It is a popular notion that scurvy is a disease confined to those who go down to the sea in ships, but this is incorrect. If I had control of his diet, I could produce scurvy in any man. I dare say you will admit that though Lancashire people are very shrewd and clever, there are

some in this county who do not know everything. Now I once had a patient of this kind in the Manchester Infirmary, who, partly from circumstances, and partly, I think, because he was queer in his ways, never took vegetables except a potato or two on Sundays; so he contrived to give himself scurvy, and had a severe attack. . . . He recovered his health under appropriate treatment, and went away, having had a severe lesson as to the value of fresh vegetable food.' I hope my readers now understand thoroughly what scurvy is, and how it is cured by lemons and other fruits and vegetables.—W. G. W.

NEW WHEAT-FIELDS IN THE NORTH-WEST.

In the present depressed condition of home-agriculture, the facts presented by Mr. T. T. Vernon Smith, in the *Nineteenth Century* for July, will have an attractive interest with farmers who have grown dissatisfied with their calling and its prospects in the old country. After detailing the recent unusual activity in bringing virgin land into cultivation in Minnesota and the Red River valley, Mr. Smith says :—

'So much for the American side : enormous as the influx of immigrants and the development of Northern Minnesota have been, it is nothing to what is now going on in Manitobah across the Canadian boundary. This rush could only take place on the opening of navigation, but as soon as the season opened, it was estimated that the influx of immigration added about 400 persons per day to the population of the province. In 1876, the total sales of land to 807 settlers were 153,535 acres; in 1877, the sales to 2,283 applicants amounted to 400,423 acres; and to the 31st of October, 1877, the total land sales in the province from its commencement amounted to 1,392,368 acres to 8,648 applicants. In April of 1878 the Emerson land office alone disposed of 52,960 acres, and in the first week of May 30,400 acres were appropriated. Emerson is on the American boundary immediately north of the line, and about seventy miles south of Winnipeg, which is the principal land office for the Dominion. From the influx of population and the rate of sales just referred to, it appears that about 3,000,000 acres of wheat land were allotted last year to actual settlers in this province of Canada alone, and when the rail communication is complete the rush of immigration and the rapid breaking up of the land into cultivation bid fair to be something beyond all previous experience.

'Another most important point is the character of the immigration now going on, and this again shows a marked difference and improvement upon former years. Most of the new-comers are not the idlers and poverty-stricken offscourings of Europe, but well-to-do farmers from the older States and settlements, from Northern Iowa, from Wisconsin, and other of the newer States of the Union, but old in comparison to this; from Canada, and especially from the best parts of Ontario, and from the richest and most fertile districts of the older provinces. These are men principally who have sold their old farms at high prices, who are accustomed to pioneer life, and who have brought their experience and the families they have raised in the old homestead to these newer fields, possibly to go again further west when these lands are re-

* Query 'Grammes.'

claimed from the wilderness and brought into good cultivation. Nearly all of the new arrivals are of a class far in advance of the immigration of former years, and they include a great number of men with capital and experience who are going into Western farming with all modern appliances and ample means as the most promising speculation of the day. The dominant nationalities settling on the Minnesota farms are Americans, Scandinavians and Canadians in about equal proportions. The Americans are nearly all from Southern Minnesota, Iowa, Wisconsin, Michigan, and Illinois, all wheat-growing districts, and many of these settlers were pioneers in those States when these lands were new and unknown, who have sold the farms they originally made out of the prairie for 25 or 30 dollars per acre, and, moving to this new North-West with the money and experience they have accumulated, are buying land at from one-fifth to one-tenth of the price they have received for their old place, and will make in five or six years farms twice as valuable as those they have left.

'The secret of all this is the knowledge, that seems to have been only lately arrived at, that farming is profitable, and that it pays to "make land." Farming is less exposed to vicissitudes than any ordinary business, and the depression, when it comes, is less disastrous and more easily evaded. There is really no better investment than wheat-raising, and a prairie farm once brought under cultivation will always have a surplus, however disastrous external matters may be. Capitalists now going into these large farming speculations have gone into it after careful calculation as a business that offers the very best return for their money, and a certainty that at least there will be no bad debts; that Nature, however she may occasionally disappoint an over-sanguine speculator, will average all right, and that the surplus after any partial failure will still net something tangible, the principal being always intact and the interest tolerably secure. The experience of some sharp experimenters on the St. Paul and Sioux Railway lands in large blocks, say from 600 to 3,000 acres, is, that a crop of No. 1 hard Minnesota wheat can be got into the railway elevators at a cost of from $7\frac{1}{2}$ to $8\frac{1}{2}$ dollars (say under £2 sterling) per acre, including fall ploughing, seed-sowing, harvesting, thrashing, hauling to the railway, depreciation of land and machinery, wear and tear, and interest on capital employed. Ten bushels of wheat at 75 to 85 cents per bushel pays, therefore, all these expenses, and twenty bushels more per acre (which is still under the general production from the first crop) pays for the land, preliminary expenses, and the breaking up of the prairie ready for the farming operations that follow. Thus 30 bushels to the acre of the first crop clears all outlay up to that time, returns the capital invested, and leaves a first-rate fenced farm in a high state of cultivation for succeeding agricultural employment. All over 30 bushels is a profit after capital and interest have been restored, the farm paid for and made within a year; and yet this land produces often 40 and 50 bushels to the acre, leaving £2 and £3 per acre profit over all expenses and outlay both for capital and revenue. Where else is there a business that in twelve months repays all advances of its purchase and establishment, and leaves as a profit a money return and plant worth four times the original outlay? It is this enormous profit that is bringing so many heavy capitalists into the ranks of this novel immigration, and

inducing men who have already worked themselves into a good position to abandon for a time the amenities of a settled life, and embark once more in pioneer farming. A number of farms in all the districts alluded to broke up last year from 500 to 1,000 acres of land, and the Northern Pacific Company alone expected that not less than 125,000 acres of wheat would be gathered, and that that quantity will be at least doubled during the present season. Instances are numerous of large profits being made in wheat farming. A Mr. Dalrymple is quoted in the *St. Paul Pioneer Press* as having had in 1877 8,000 acres under wheat, which yielded him all round 25 bushels to the acre, or over 200,000 bushels. His total outlay for seed, cultivation, harvesting, and threshing was under £2 per acre, leaving him a margin of over £3, or £24,000, on his 8,000 acres. Last year he had 12,000 acres under cultivation, and all in wheat. This was in Minnesota; but north of the Canadian line they get a much larger yield than this, and in twenty-seven miles along the Assiniboine River in 1877 over 400,000 bushels were harvested that averaged considerably over 30 bushels to the acre. In the North-western provinces of Canada wheat often produces 40 and 50 bushels to the acre, while in South Minnesota 20 bushels is the average crop, in Wisconsin only 14, in Pennsylvania and Ohio 15. The fact established by climatologists, that the cultivated plants yield the greatest products near the northernmost limit at which they grow, is fully illustrated in the productions of the Canadian territories; and the returns from Prince Albert and other new settlements on the Saskatchewan show a yield of 40 bushels of spring wheat to the acre, averaging 63 lbs. to the bushel, whilst one exceptional field showed 68 lbs. to the bushel, and another lot of 2,000 bushels weighed 66 lbs., producing respectively 46 and $42\frac{1}{2}$ lbs. of dressed flour to the bushel of wheat. In southern latitudes the warm spring develops the juices of the plants too rapidly. They run into stalk and leaf, to the detriment of the seed. Corn maize, for example, in the West Indies runs often thirty feet high, but it produces only a few grains at the bottom of a spongy cob too coarse for human food.

Whatever be the cause, the ascertained results of this new North-West seem to prove that its soil possesses unusually prolific powers. In 1877 carefully prepared reports were made by thirty-four different settlements, and although lessened in many cases by circumstances local and exceptional—as, for instance, a series of very heavy rain-storms which caught the wheat just as it was ripening—the yields per acre were: of wheat, from 25 to 35 bushels, with an average of $32\frac{1}{2}$; barley, from 40 to 50, average $42\frac{1}{2}$; oats, 40 to 60, average 51; peas averaged $32\frac{1}{2}$, potatoes 229, and turnips 662 bushels per acre. Individual cases were enumerated of 100 bushels of oats per acre, barley as high as 60 bushels, and weighing from 50 to 55 lbs. per bushel. Potatoes have yielded as high as 600 bushels to the acre, and of a quality unsurpassed, as are all the root-crops. Turnips have yielded 1,000 bushels to the acre, 700 being common, whilst cabbage, cauliflower, and celery grow to an enormous size, and of excellent quality and flavour.'

We refer our agricultural readers to a paragraph in our CURRENT OPINIONS AND EVENTS upon the facilities offered intending settlers in the Dominion by the Canadian Government.

HOW TO MAKE THE HOUSE A HOME.

BY MRS. PERRIER.

(Continued from page 80.)

[THIRD ARTICLE.]

WHY, as I asked in the first paper of this series, are people habitually silent in the domestic circle, when they can speak, and speak to good purpose, elsewhere? Of course, some of us are perforce silent, both there and elsewhere, for the reason that we have not got anything to say; and a good many who, as a late great writer said, only talk because they wish to say something, not because they have got anything to say, ought to be silent—but surely the majority of us are not quite in either of these conditions? We are not altogether so barren of ideas or information that we can bring nothing out of our store for the pleasure or instruction of others, and are therefore either silent from prudence or ought to be silent for shame. Why, then, is conversation—real, animated, cheerful, earnest conversation—about the very last thing we ever expect to find ‘at home?’ There are doubtless a good many causes for this, but that which I have always thought one of the chief, if not the chief among them, is the total separation of the males and females of a family, as regards all their interests, pursuits, and employments, from the moment they leave the nursery. ‘This is an evil which ‘the higher education of women’ will, it may be hoped, lessen daily—lessen to a certain extent; but education, using the term at present merely in the sense of the acquisition of learning, is only the preparation for that life of activity which ordinary men and women must live afterwards; only the ‘knowing’ which is to precede the ‘doing,’ and when the latter has once begun, people soon cease to discourse with much animation of the former. The past learning may and ought to become the means for gaining further knowledge, as well as for doing life’s work, but it has passed from among the every-day interests of the life. Only to a few does it continue to be a business or a pleasure, as it was to Miss Blimber, to ‘dig up the root of a Greek verb,’ or to ‘chew the cud of a mathematical problem,’ like Dominie Sampson. Well, I think the one radical defect in the education of women which has hitherto been the incubus over all the happiness of home, not centred in mere bodily comfort, and which clings to it still, despite all that has been done for its improvement, is this: that no provision was made, and very little provision is being made, to enlarge women’s minds generally, or extend their feelings beyond the narrow sphere of self and self-belongings. Women have been weighted by the dogma, not that ‘domestic duties,’ as they are called, are their chief business, for that is very true; but that they are women’s only business; hence, that narrowness of sympathy, that shallowness of feeling, that feebleness of interest, in every concern of life beyond those duties, which drives men anywhere, everywhere, from the home circle for ‘conversation.’ A man has his narrow bound of interests too in his every-day bread-winning work; a bound which it is his duty to keep within during certain hours, but from which he rightly escapes with a glad rebound when the day’s work is satisfactorily over, to throw his thoughts and feelings heartily into other work, into the world’s work—the work being done for, and by society, the work of national progress, social progress, moral and mental

progress. He need not be ‘a politician,’ as it is called, nor a moral or social reformer, nor a professor, nor even a professed student of any science; but he has learned from his earliest years, if he have had any good influences whatever around him, that it is his right as well as his duty to know something of, and to feel interested in, the work of every one of these. He has been made to feel that he is an individual man, with consciousness and a conscience, not a mere unconscious portion of a vast human machine, and that he is bound by his conscience and entitled by his consciousness to inquire as to that which is being done by other individuals for the good of the whole and to give the weight of his opinion at least accordingly. Now for what good reason, for what reason indeed, which has the faintest shadow of soundness do women in the majority persist in refusing to carry their interests, to extend their sympathies beyond the bounds of their every-day work? This is not the occasion on which to discuss ‘women’s rights,’ as they are called; but there can be little doubt, I think, that the right of citizenship, from which women have been so unjustly excluded, and for which some women are so nobly struggling now, would have been theirs long ago, but for this infatuated persistence on the part of the women themselves to inculcate on their own sex narrowness of thought and shallowness of feeling as positive duties.

(To be continued.)

FLOWERS AND MUSIC.

‘Oh, come to the fields where the wild-flowers grow,
For Deity dwells where the primroses blow;
We’ll build us an altar and worship Him there,
In the midst of the flowers and the sweet scented air.’

IN flowers we see nature most attractively manifested. How endless the variety of form, colour and perfume here presented to us, and how well calculated to excite our wonder, gratitude and admiration—some gorgeously arrayed with delicate shades and tints of marvellous beauty, others equally remarkable for their simplicity. We have as yet but half studied the ‘language of flowers;’ let us live more in their delightful presence, and they will whisper to us a thousand glorious things, soothing and elevating to the weary heart. Comparatively few appear to understand the ennobling and harmonising influence exerted on the mind by flowers and music, the former a most delightful department of nature, the latter a most fascinating branch of art; and if wisely used, apart from irrational and impure surroundings, powerfully affect the human mind for good.

Let every hard-worked ‘son of toil’ have his own little garden tastefully laid out; it will cheer his mind and freshen his heart, there to commune with God, nature, and his own soul, that goodness and kindness may bloom forth, like fragrant flowers, in his daily thoughts and actions. Let every working man try to learn music, or try to acquire skill and expertness on some musical instrument, that the divine yearnings of his inner nature for harmony may be in some measure expanded and satisfied. Thus may all harsh and discordant sounds be hushed and find no utterance within the sacred precincts of home—a place too holy for an unkind word to enter.

Such wholesome and healthy recreations, combined with correct dietetic habits, will do much to displace all desire for stimulants and vicious indulgences. Bring right influences to bear upon the mind, give more light, more instruction with regard to physiology and the laws of life; and much that is injurious and undesirable in the habits of the people will gradually disappear, ‘for darkness can exist only in the absence of light.’

In conclusion, I would whisper a word in the ears of employers. If you wish those in your employ to be true to you, give them time and opportunity to be true to themselves. They will work all the harder and better if their minds and souls, as well as their bodies, receive a little consideration at your hands. Work them like mere animals, allowing only eating and sleeping time, and they will work only like animals, instead of true earnest-hearted men. The development of manhood and individuality of character is the great work we have to do here. Let us aspire then to become not merely merchants, mechanics, or tradesmen, but men—well-developed, whole-souled men.—*Evans’s Abstinence Companion.*

CURRENT OPINIONS AND EVENTS.

THE National Temperance League is receiving the active co-operation of most of the London Temperance Societies and a fair proportion of the Provincial Associations, in its effort to make the Annual Crystal Palace Fête a success. The fête this year, which is to be held on the 2nd September, presents several unique attractions, one of a rather solid kind being a Jubilee Conference in the Opera Theatre, in which Canon Ellison, Dr. Norman Kerr, and other distinguished temperance *savans* are announced to take part.

The Canadian Government has taken an important step with the view of inducing English farmers who are suffering from the present depression of trade and gloomy agricultural prospects at home, to try their fortune in the Dominion. The Hon. Mr. Pope, Minister of Agriculture, etc., has authorised Mr. Dyke, the Canadian Government Agent at Liverpool, to communicate with tenant farmers, and on receiving assurances that a fair number, with moderate means, entertain the subject of emigration, to empower them to send out to Canada a delegate to represent each twenty-five. The expenses of the delegates will be defrayed by the Dominion Government, and they will be offered every facility for becoming thoroughly acquainted with the character and resources of the country, the terms on which improved farms may be acquired, and all other matters of importance.

The new Lord Leitrim appears to be very popular with his Irish tenantry. According to the Dublin Correspondent of the *Times*—‘The accession of Lord Leitrim to the estates of the late earl has produced a change of feeling among the tenantry which is very remarkable and gratifying. It would be hard for any one visiting the locality to believe that it is inhabited by the same race of people, and that the relations of landlord and tenant, which are now so hopeful and happy, were hitherto marked by mutual distrust and hate.’

Mr. Henry Richard, M.P., availed himself of the Conference of the International Law Reform Association, sitting last week in London, to ventilate his views upon ‘International Reduction of Armaments;’ and whatever may be the views generally held of the Peace-at-any-Price Party, it is evident that the present expenditure upon war and its appliances is excessive in amount and disastrous in results. More than one European nation or empire is groaning under its war bill, and that in times of peace too! If this insane policy of increase of armaments is to go on much further, the evil will remedy itself, or rather be remedied, by universal bankruptcy.

Mr. Lockhart, the enterprising founder of cocoa-houses, opened his fourth London establishment at 49, Blackfriars Road, on Friday last. Mr. Lockhart remarked that he had been blamed very severely by some of his neighbours in Blackfriars Road for coming amongst them and offering articles to the public at so very low a price. He disclaimed any idea of injury to his neighbour in the movement, and would say, ‘Go thou and do likewise,’ to those who were dissatisfied with him. He looked upon the cocoa-room movement as one of the best

that ever occurred for Englishmen or Englishwomen. There was one class of men especially, whom he wished well, though no doubt they disliked his mode of showing his regard—the publicans. He believed the sooner this class were got out of the trade the better would it be both for themselves and the public.

Few classes of the community have a greater interest taken in their doings and well-being than the publicans. Mr. Lockhart establishes cocoa-houses to assist them ‘out of the trade,’ the coffee-palace movement is ostensibly instituted for the same purpose, the temperance people are continually persuading the people not to buy their wares, Sir Wilfrid Lawson and his allies are asking Parliament to invest localities with power to extinguish them altogether; but in spite of all—they thrive! Although it is said that Mr. Noble and his blue ribbon army have appreciably influenced the receipts of the publicans and those of other tradesmen in the immediate locality of his operations—the takings of the former being diminished, and those of the latter increased in a corresponding degree. But, after all, the publican is a curious being, the object of more solicitude and attention than he appreciates.

THE HOME OF CHILDHOOD'S DAYS.

THE home of childhood's days—Oh! let it be

A holy and a joyful spot,
Whence pure and blessed memories shall rise
Like beacons o'er life's darker lot;
The seat of household love—the hallowed shrine,
Where first the young lips learn to pray,
Where smiles and sunlight o'er the pathway shine,
Through all the long, bright summer day.

Oh, darken not the streamlet's early gush,
As forth it flashes to the light;
Nor crush the opening petals of the rose,
Outbursting in their young delight:
Too soon, alas! the tempest and the gloom,
Shall sweep along the stormy sky,
And loosened passions, like the wild simoom,
Across the stricken bosom fly.

The home of childhood's days—around its hearth,
The happy household band should meet,
With gladsome smiles and merry jest and tale,
To chase the hours with flying feet;
Here wisdom from the lips of age should pour,
And song from tuneful bosoms swell,
And the lettered page should lend its golden store,
High thoughts and daring deeds to tell.

And there the young head at the parent knee,
The suppliant voice should lift above,
And learn that light and shade and joy and woe,
Are meted by a hand of love:
That through life's darkest gloom one watchful eye
Still marks the wanderer's lonely way,
And guides his feet each threat'ning peril by,
Into the light of perfect day.

Then childhood's home, oh! let it be a fount
Of holy strength for future years;
The nearest glimpse that earth vouchsafes of heaven,
In this lone vale of grief and tears;
Where strength is garnered for the toil and heat,
The burden of the coming day,
Till gathered round the Saviour's blessed feet,
In a land that knoweth no decay.

E. M. LUMSDEN.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

All to whom want is terrible, upon whatever principle, ought to think themselves obliged to learn the sage maxims of our parsimonious ancestors, and attain the salutary art of contracting expense; for without economy none can be rich, and with it few can be poor. The mere power of saving what is already in our hands must be of easy acquisition to every mind; and as the example of Lord Bacon may show that the highest intellect cannot safely neglect it, a thousand instances every day prove that the humblest may practise it with success.—*Rambler*.

Whenever the offence inspires less horror than the punishment, the rigour of the penal law is obliged to give way to the common feelings of mankind.—*Gibbon*.

I knew a man who never heard any one praised but he damped the praise. He *did* praise occasionally, but then it was to mortify the listener. If the listener praised in turn, he would immediately change sides, and begin to censure the very person he had before eulogised. He went to church every Sunday; read the prayers audibly; sung with the clerk; would cry like a child in misfortune; and, in the course of an hour, sing a song to drive his care away. He never commended but with a 'BUT.' With him Naaman was an honourable man, and a mighty man of valour—BUT—he was a leper!—*Bucke's Book of Human Character*.

Innocency is in some sort the effect of regeneration.—*Bernard*.

Youth beholds happiness gleaming in the prospect. Age looks back on the happiness of youth; and, instead of hopes, seeks its enjoyment in the recollections of hope.—*Omnia*.

Be a friend to everything that's good, and then everything will be a friend to thee, and co-operate for thy good and welfare.—*Tryon*.

There is something in being near the sea, like the confines of eternity. It is a new element, a pure abstraction. The mind loves to hover on that which is endless, and for ever the same. People wonder at a steam-boat, the invention of man, managed by man, that makes its liquid path like an iron railway through the sea. I wonder at the sea itself, that vast leviathan, rolled round the earth, smiling in its sleep, waked into fury, fathomless, boundless, a huge world of water-drops. Whence is it—whither goes it? Is it of eternity, or of nothing? Strange, ponderous riddle, that we can neither penetrate nor grasp in our comprehension; ebbing and flowing like human life, and swallowing it up in thy remorseless womb,—what art thou? What is there in common between thy life and ours, who gaze at thee? Blind, deaf, and old, thou seest not, hearest not, understandest not; neither do we understand, who behold and listen to thee! Great as thou art, unconscious of thy greatness, unweildy, enormous, preposterous twin-birth of matter! rest in thy dark, unfathomed cave of mystery, mocking human pride and weakness. Still is it given to the mind of man to wonder at thee, to confess its ignorance, and to stand in awe of thy stupendous might and majesty, and of its own being, that can question thine!—*Harlitt*.

Shun the inquisitive person, for he is also a talker.—*Horace*.

IMPORTANT NOTICE.

We have pleasure in announcing the commencement in an early number of an important Series of Articles upon

HOW TO FEED AN INFANT.

BY

BENSON BAKER, M.D.,

Licentiate of the Royal College of Physicians, London, Member of the Royal College of Physicians, England, &c., &c., &c.

AUTHOR OF

'THE SANITARY CONDITION OF THE POOR IN RELATION TO DISEASE, POVERTY, AND CRIME,' 'INFANTICIDE,' 'BABY FARMING,' ETC., ETC.

THE HOUSEWIFE'S CORNER.

TO BOIL VEGETABLE MARROW.

Gather them for boiling before they are large and full of seeds, and boil them in plenty of water with some salt in it, and a bit of potash about the size of a large pea; when done enough, slice them, and serve them up with melted butter. They are very good sliced thin after being boiled, and then fried in batter and served up with gravy; a little fried onion may also be added, if approved.

TO FRY MUSHROOMS.

Take large fresh mushrooms, peel and wash them, dry them in a clean cloth; put a little olive-oil and butter into the frying-pan, put them in the gilled side upwards, sprinkle a little pepper and salt over them, and as they discharge their liquor take it out of the pan and keep it hot. When they are done enough, put them on the dish with the following gravy: Put a little butter and flour into the frying-pan, stir it on a slow fire till brown, add the liquor which has been produced by stewing the parings and stalks of the mushrooms in water, with a little pepper and salt in it; stir it on the fire till it boils, and serve it up in a boat.

GINGER BEER OR POP.

Take of bruised ginger one ounce, cream of tartar one ounce, boiling water one gallon, citric acid forty grains, lump-sugar one pound; mix well together, and when nearly cold, add to it two spoonsful of good yeast and let it stand twelve hours; strain it, then bottle it and cork it tight. It will be fit for use in twenty-four hours.

TART PASTE, CALLED SHORT PASTE.

To one pound of flour rub in a quarter of a pound of butter; make a hole in the middle, put in a little water, two yolks and one white of egg; work it up to proper consistence, and roll it out for use. When for tarts or sweets only, put two ounces of powdered loaf-sugar in the paste.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

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HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 32, VOL. II.]

SATURDAY, AUGUST 30TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



SAMUEL PLIMSOLL, Esq., M.P.
[THE SAILORS' FRIEND.]

Weekly Journal for All

DE CONSTRUCTION: OVERCROWDING: THE OLD BUILDINGS: THEIR
BUILDING SOCIETIES: THE STREETS: DOMESTIC ECONOMY: THE

REPAIRS: THE HOUSE AS A PLACE OF BUSINESS: THE HOUSE AS A PLACE OF

SATURDAY, AUGUST 30th, 1879.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: AUGUST 30th, 1879.

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SAMUEL PLIMSOLL, ESQ., M.P.

[THE SAILORS' FRIEND.]

IT must be a satisfaction to the friends of Mr. Plimsoll that he is recovering from his recent serious indisposition, and able once more to discharge his public duties. He reappeared in his place in Parliament shortly before the close of the session, and it is to be hoped that rest and repose will enable him to regain his wonted health by the time Parliament meets again. Few men have gained so quickly as he has done a recognised position in Parliament; and with this vantage-ground we trust he will do as good service to the people's cause in the future as he has done in the past.

Mr. Plimsoll was born in Bristol on the 10th of February, 1824. His father, the late Mr. Thomas Plimsoll, of Sheffield, was descended from a French Huguenot family of refugees, which, with many others, settled in a small Devonshire village. Finding they could not serve God according to the dictates of their consciences in their native country, they came to England to be able to exercise that privilege.

Mr. Plimsoll's father, having married Priscilla, daughter of Josiah Willing, of Plymstock, Devonshire, removed to Sheffield to try his fortune in the Black Country. Although not a rich man, he was upright and conscientious, faithful in the discharge of duty at whatever cost to himself. Naturally of a kindly disposition, he was inflexible in all matters of principle.

Mr. Plimsoll's mother was much admired for her dignified manner, genial spirit, and superior conversational powers.

The limited means of Mr. Plimsoll's father precluded him from apprenticing his sons to businesses, but great sacrifices were

made by his wife and himself to give all his children, twelve in number, a good education.

Mr. Samuel Plimsoll began life in the office of Mr. Henry Waterfall, solicitor, Sheffield. In 1851 he acted as a local honorary secretary to the great Exhibition. Early in 1855, however, he came to London, and engaged in business for himself. He began in a small way, occupying one room as an office, at 32, Hatton Garden. By introducing important modifications in the conduct of railway coal traffic, Mr. Plimsoll started on a prosperous career. In 1857 he married Eliza Ann, daughter of Mr. Hugh Railton, of Barnard Castle.

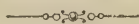
In 1865 he was an unsuccessful candidate for the representation of Derby; but was elected in 1868, and re-elected in 1874. Mr. Plimsoll gave active assistance to the Thames Embankment Scheme when it was threatened by the Duke of Buccleugh, who endeavoured to claim his water privileges, and who, if he had succeeded, would have destroyed the Embankment.

Mr. Plimsoll is the author of several works upon minerals; but his most celebrated work, entitled 'Our Seamen,' was issued in 1873. During the Sessions of 1874 and 1875 Mr. Plimsoll made strenuous efforts to obtain legislative protection of our sailors from unseaworthy ships; and it was in the Session of 1875 that Mr. Plimsoll, failing to attract the attention of the House of Commons to the subject, in a state of great nervous excitement, made the startling statement to the House which will not readily be forgotten. Although somewhat out of order in this act, it was effective for the purpose in view, as legislation meeting the case speedily followed. This 'scene' in the House of Commons, which not only aroused the House itself but the nation, was described by Sir Wilfrid Lawson, when addressing a meeting at Manchester on October 12th, 1875, as follows:—

'All I want to explain to you, and to get you clearly to understand, is that these men, though they are called leaders, are no more than the leaders in a stage-coach. (Cheers.) They go when they are driven—(laughter and cheers)—and they go at no other time. (Laughter.) Bear with me if I give you one illustration more, still more striking than those which I have already adduced. You have heard of the Merchant Shipping Bill. (Cheers.) I was in the House when that bill was discussed in its early stages. Never did I hear duller, more dreary, more listless, more apathetic debates. Sir Charles Adderley did his best, but there was no enthusiasm for him, and the time came when the Government thought they might safely withdraw the bill. So they did. On a sudden Mr. Plimsoll gave a shout. He woke up John Bull, and John Bull said, 'Hallo! what are you about? We can't have our sailors drowned, whatever you men in the House of Commons may think;' and the House of Commons saw that John Bull was in earnest, and then occurred the most amusing transformation-scene that ever I witnessed in any theatre. (Laughter and cheers.) I wish you had been there with me to see how the whole scene changed in eight and forty hours—(laughter)—how, instead of apathy, you had Liberal contending with Conservative to make the bill effective; how you had shipowners tumbling over one another—(laughter)—to get the bill speedily passed; and how you had independent members running a race with officials to make the provisions of the bill stringent and effective; while as for our incomparable Premier—(a laugh)—he gave it clearly to be understood that, from his youth, the

darling wish of his heart had been to pass a merchant shipping bill, that he had done it, and that he retired a proud and happy man. (Renewed laughter and cheers.) Oh, how I did wish at that moment I had the pencil of an artist! I should have drawn a picture of the good ship "Humbug" struck by a sudden squall, and all the crew of able-bodied politicians struggling in the water, and only escaping a watery grave by clinging on to Mr. Plimsoll's coat-tail." (Roar of laughter and cheers.)

Mr. Plimsoll has well earned the title of *THE SAILORS' FRIEND*, and, if we mistake not, he prefers that distinction to any titles or honours the Court could shower upon him. In fighting for the sailor he ran considerable risks, and at one time during the agitation he was deluged with notices of action for libel from very respectable owners of 'coffin-ships.' But undeterred by opposition, in whatever form it presented itself, Mr. Plimsoll persevered in his endeavours until success crowned his exertions. And whatever others may say to the contrary, or however much cynics may try to detract from the value of his labours, the seamen themselves, of all climes and races, 'those who go down to the sea in ships and do business on the great waters,' are unanimous in designating Samuel Plimsoll as *THE SAILORS' FRIEND*.



MR. GLADSTONE ON POVERTY AND RICHES.

A NOVEL banquet was held on Thursday last in St. Pancras. Civic London is famous for its dinners, but the guests are generally those who are favoured with an abundance of this world's goods. It is some years, however, since a grander spectacle was exhibited at any public dinner than that which was presented at St. Pancras Workhouse on this occasion. About 600 aged inmates of the workhouse sat down to an elegant and sumptuous dinner, furnished them at the expense of Mr. H. SKOINES, one of the guardians, who presided. In itself the gathering was one of great interest, for Mr. Skoines had bidden those to the feast least likely to invite him in return; but the presence of the Right Hon. W. E. GLADSTONE lent additional interest to the occasion. The right hon. gentleman, having dined with the paupers, responded to a toast enthusiastically received as follows:

'Mr. Chairman, ladies and gentlemen,—When you, sir, were good enough to invite me to be one of your guests upon this occasion, I bethought me what answer I should send. I am sorry to say I receive every day from different parts of the country solicitations to attend this or that meeting, or banquet, or anniversary, or celebration which, do what I may, I am compelled to decline. But it appeared to me there was something in this celebration which I had better think over before declining, and when I thought it over I came to the conclusion that it was by no means a commonplace occasion. (Hear, hear.) There was one qualification I found for being a guest on this occasion which I knew myself to possess. Mr. Skoines was good enough to inform me that all of you would be persons who either had passed or else had nearly attained the limit of seventy years of age. That qualification I knew myself to be possessed of—(laughter)—because in about four months, if I am spared, I shall strike the clock, so to speak, for my seventieth birthday. But, Mr. Skoines, let me say next that I desired on this occasion, by my presence and by coming to London mainly for the purpose—(cheers)—to pay a compliment, the best I am able to pay. I was actuated by a desire in the first place of doing honour to yourselves. (Hear, hear.) It appeared to me that this was a kindly and a generous endeavour to brighten, for one day at least, the existence of those to whom external fortune has not been kind in allotting what are called the goods of life. (Hear, hear.) I felt that you were doing a good act, and that you were setting a good example. We are not here to talk politics. I know

nothing of your politics, except as I came into the room, some good spirit, or some spirit less than good—I know not what—whispered in my ear that you (the chairman) were what is called a Tory. (Laughter.) If that be so, I congratulate the Tories upon one member of their body. (Laughter.) I wish that we may have among Liberals those not less kindly and not less generous; and I am sure, if they are liberal, they will be free and ready to own that you have set them an admirable example. (Cheers.) I am sure you have already enjoyed the only reward which you have sought, in the thought that you have filled with joy and satisfaction many an aged bosom, that you have carried to many a heart the consoling reflection that there are those in this world who care for them, and who desire to contribute somewhat to their happiness. (Cheers.) And let me add that you have earned from all these hundreds that are before you, and from many thousands who now share the same lot in other places, or who may share it hereafter—you have earned that which you will not refuse to receive and which you will highly appreciate—their gratitude. But all this is obvious enough, and certainly did not require me to come here to say it. These are feelings which the human heart prompts, and which it wants no practised tongue to express. I am desirous, if I might so say, to come here upon my own account. I wish first, not most of all, but first I would say, I wish to give myself a gratification. My life presents to me a great variety of scenes and of occasions. But among all these scenes and occasions, I tell you with unfeigned sincerity, I have not witnessed one for a long time that has filled me with heartier or livelier pleasure than to be a guest at the present assembly. (Cheers.) I likewise desired, I am well aware, in a slight manner to take an opportunity which does not often offer itself to me of testifying as well as I could my interest in your lot. In this great establishment of which you are inmates, it is not possible, consistently with the interests of the community—it is not possible to give many indulgences, by rule and under system, which, I am convinced, many of those who govern you would desire to give, if they felt it could be done with safety. It is not because the receiving of such indulgences would be dangerous or mischievous to yourselves; it is the effect which I am quite sure you will appreciate, which would be produced upon the community at large, if these establishments, which are maintained out of the labour of the community and at its charge, were made establishments of luxurious living. It is necessary that the independent labourer of this country should not be solicited and tempted to forego his duty to his wife, his children, and the community by thinking that he could do better for himself by making himself a charge on that community. There is no more subtle poison that can be infused into the nation at large than a system of that kind. We were in danger of it some fifty or sixty years ago, but the spirit and the courage of the Parliament of 1834, and of the Government of that day, introduced a sounder and a wiser system—and as matters are here—regulated with what I trust and believe is—and I believe you would be able to echo what I say—kindness but firmness. I have no doubt, ladies and gentlemen, you have enjoyed the banquet of to-day. At least, I have shared it, and I have enjoyed it. (Cheers.) If you have done as well as I have you have not done badly. But it would not be proper or right that feasts of this kind should be administered to you at the charge mainly of a community which consists, in the greater part, of men and of women to a great extent obliged to labour for their subsistence from morning till evening. It would not be right for it to be done at the public charge. It is a very different matter when it is done at the charge of a volunteer. The difficulty is sometimes to find these volunteers. Here you have found him. I rejoice in the pleasure and comfort that has been given to you, and also rejoice that he who has given it is himself one of those engaged in the administration of a wise system, which, because it is a wise system, is, therefore, by necessity, in a considerable degree, a strict system. Let me assure you further of my general sympathy. I am aware my presence here to-day is but a small token of it. (Cries of 'No, no.') I assure you, among duties in this world which I painfully feel I am

guilty of leaving undone—I know not whether it be want of inclination—but this I know, for persons in my line of life the demands are greater than the limits of time and human strength allotted us. It was to me, therefore, a rare and a rich occasion to be allowed to appear before you. You may think, ladies and gentlemen, that my lot in life has been in some respects a more fortunate lot than yours. There is one respect in which I doubt very much if any of you would altogether like to exchange with me. That is in the quantity I have got to do. In other matters I am quite sensible that I have been temporarily placed far beyond my deserts, in a manner quite out of proportion to them, till it sometimes appears as if those in my position could not say one word of comfort or consolation to you without an appearance of hollowness and insincerity. It may occur very naturally to you, ‘If they think poverty is such a good thing, why don’t they try it themselves?’ and therefore I don’t enter at large into the subject. But this I will say, it is very good for those who belong to the wealthier classes to be brought for a moment, and for as many moments, and on as many occasions as they can, into contact with you, and to remember how entirely and absolutely we all stand upon one level in the face of one greater than ourselves. For we live in an age when most of us have forgotten that the Gospel of our Saviour Christ, which He came to preach, and the sanction of which He sealed with His blood, in addition to all else that it was, besides scattering blessings over every class of the community, it was above all the Gospel of the poor; that the lot of the poor was that which He chose for Himself; that from the ranks of the poor He selected His apostles, who went forth into the world to found the most glorious kingdom ever exhibited to the eyes of men, and that from His mouth proceeded the words which showed us, in reference to temporal circumstances, that a time will come when many of the first shall be last, and many of the last first. Blessed, no doubt, shall be rich men, if they confront the many and subtle temptations of the life they have to live. But blessed also, as we have been told, are the poor who accept with cheerfulness the limited circumstances and conditions in which they have to pass these few fleeting years, now brought nearly to their close for me and for all of you, and who are content to look forward to the hope beyond the grave, and to the brightness of the light that shines upon the farther shore of the dark river of our death. I desire, at least, to say these words to you, ladies and gentlemen, in sincerity and in truth. We all of us, no doubt, endeavour to serve our kind, and to perform our duties as best we may; we are all of us sensible, none has more cause to be so than I, of a thousand continual shortcomings; but yet I do assure you I would think it an act of the basest to endeavour to administer to you the slightest word of comfort unless the conviction of the truth and solidity of that word lay at the very root of my understanding, and in the very bottom of my heart. I will only say, in conclusion, I congratulate you upon the substantial success of this undertaking. I could, indeed, have desired that external circumstances had been more favourable. The dark and gloomy skies that have overspread the land, and that have carried sadness and anxiety to many a mind, have been unpropitious to you on this occasion, and have done something to damp the free current of pleasure and satisfaction which you sought to diffuse over so many hearts and minds. May the recollection of this day, my friends and contemporaries, as I may call you, serve to cheer many a future day for every one of you, be a source of thankfulness for the past, and an indication that there lies for you in the future, unless it be your own unhappy fault, the hope of things brighter far than these; when your lot will be relieved from every burden laid upon you by adverse circumstances, and when you will, or may hope to be, through the merits of Him who has lived and died for us, brought into the enjoyment of a happiness that shall never again be disturbed. I heartily wish you well, one and all, now in the remainder of your lives, and in that other and more important life that is to follow. (Loud cheers.)

Three hearty cheers were then given for Mr. and Mrs. Gladstone.

Mr. GLADSTONE, rising again, said he could accept any tribute paid to his wife with a better consciousness than to himself; because she, and indeed other members of her family, spent a great deal of their time in connection with establishments similar to that—hospitals; and she had the very great honour of being the person principally responsible for one of those admirable institutions, a convalescent home—(cheers)—where hundreds of working men passed through the period of convalescence. In conclusion, Mr. Gladstone proposed the health of the chairman, which was enthusiastically drunk.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

SIR CHARLES DILKE ON THE ARTIZANS' DWELLINGS ACT (1875).

IN speaking to a meeting of the electors of the borough of Chelsea, held in the Chelsea Vestry Hall, on the 19th inst., Sir Charles Dilke said:

‘In the very last days of the Session they had had to consider a bill to slightly modify the Artizans’ Dwellings Act. The effect of that Act had been to make things worse. It had increased overcrowding, for it had pulled down many houses of the poor, and had not built one. This year Mr. Cross had opened some buildings for the working-classes at King’s Cross, which had been christened “Beaconsfield Buildings” in gratitude to the Government for carrying the Act; but the whole thing had been a sham, for the buildings had been erected by private speculation. The Metropolitan Board had sold for £91,000 lands which had cost £735,000, the loss of £644,000 being a trifle which they had to pay for the satisfaction of the political vanity of Mr. Cross. From that expenditure they in that part of London had derived no benefit. The education vote would be a mere flea-bite in comparison with the artizans’ dwellings rate of the future. He was an advocate of uniformity of charge over the metropolis, and of the principle that wide areas should be made to contribute towards common objects; but there must be a little reciprocity in the bestowal of the benefit; while, as far as the Artizans’ Dwellings Act was concerned, in that part of London there had been no reciprocity at all. They paid, but other people spent.’



ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

EXTRAORDINARY MEETING OF SHAREHOLDERS.

ON the 20th instant an extraordinary meeting of this company was held at the offices, 34, Great George Street, Westminster, for the purpose of confirming the resolutions passed at the extraordinary meeting held on the 30th ultimo.

The Rev. H. V. LE BAS occupied the chair, and he was supported

by the following other members of the board:—Messrs. A. H. Phillpotts, R. E. Farrant, M. H. Judge, and J. Kempster. Mr. William Morris, jun., solicitor, of the firm of Messrs. Ashurst, Morris, and Crisp; Mr. Sneath, of the firm of Messrs. Waterhouse and Co., accountants, and Mr. Brooks, an auditor to the company, were also present. About ten independent shareholders also attended the meeting. The Press was not represented.

The secretary, Mr. S. E. Platt, read the notice convening the meeting, and the minutes of the previous extraordinary meeting.

MR. J. PEARCE objected to the minutes on the ground that they were incomplete. Numerous resolutions and amendments had been proposed at the meeting, and of these many were adopted. He contended that, as these propositions related to constitutional changes, they ought to be shown on the minutes. He moved, 'That the minutes read be amended by the insertion of all resolutions or amendments proposed at the meeting, with the names of their movers and seconders.'

MR. HALE seconded the amendment. He complained of the meagre character of the report of the meeting circulated to the shareholders by the board. It was certain, if the shareholders have any one to thank for a report giving a fair idea of what took place at the meeting, it was not the directors. He seconded the proposition because he always approved giving the fullest information. Considering the importance of the object of the meeting, however, and the small attendance of shareholders, the meeting ought, he thought, to be adjourned.

MR. FARRANT thought Mr. Pearce's resolution was not in order, as any amendment should specify the changes to be made in the minutes.

MR. PEARCE thought they could scarcely expect him to come to the meeting prepared with such an amendment. How could he know in what way the minutes were likely to be defective?

MR. KEMPSTER contended that, under the articles of the company, it was not necessary for the minutes of shareholders' meetings to be submitted to them for their confirmation.

The CHAIRMAN put the amendment, which was lost, and the minutes were declared to be confirmed.

The CHAIRMAN moved, and MR. PHILLPOTTS seconded, the following resolution:—'That the capital of the company be increased by the sum of £250,000, in 25,000 preference shares of £10 each, carrying a non-cumulative preferential dividend of £4 10s. per centum per annum, and that the directors be, and they are hereby, authorised to issue such shares, from time to time, to such persons as they deem fit, and without first offering them *pro rata* to existing members.'

MR. HALE was of opinion that shareholders could not be too cautious in giving directors power to increase capital. In his opinion, if the capital of this company had not been increased from a quarter of a million to one million, the difficulties through which the company had passed would have been avoided.

The resolution was carried.

The CHAIRMAN moved, and MR. FARRANT seconded, the following resolution:—'That the existing articles of association of the company be, and the same are hereby, repealed, so far as they are not repeated in the articles hereby adopted, and that the articles, a copy whereof is now produced and signed by the chairman, be, and they are hereby, adopted, as the articles of association of the company.'

MR. PEARCE took the opportunity of expressing his surprise that the directors could not trust shareholders attending the meeting. They had again asked for proxies. It cost from £12 to £15 each time proxies were issued. For his part, the least directors could do was to pay for the proxies out of their own pockets. He had had a large correspondence with shareholders, many of whom wanted him to fight the matter over again; but he was not inclined to do that. He would refer to two points of importance. It was a matter of regret that the directors had succeeded in obtaining power to refuse to register a transfer—that must operate against the negotiability of shares, and consequently reduce their value. Then

he regretted that provision had not been made for shareholders to inspect the books of the company. He could readily understand the directors in resisting such a provision; for, when he was a director, certain members of the board did their best to obstruct him in inspecting the books of the company.

MR. FARRANT stated that there were certain people with whom the directors would not be associated in connection with the company, and the directors had armed themselves so as to keep them out.

MR. PEARCE.—But, as a matter of fact, are not the obnoxious persons already in?

MR. FARRANT.—Yes; some of them are, but not all.

MR. HALE strongly protested against the important changes in the articles being made without the most careful consideration.

A shareholder was not aware that the directors had the right to reject a transfer. He objected strongly to such a power.

MR. MORRIS stated that such power was quite usual.

Another shareholder thought the matter of great importance. He did not agree with the solicitor. 'Can we,' he asked, 'alter the articles by striking out the clause?'

MR. PEARCE.—No, sir. We can do nothing to-day. All the talk and all the votes here are powerless against that pile of proxies.

MR. KEMPSTER.—The proxies are an evidence of the shareholders' confidence in us. (A laugh.)

MR. FARRANT denied that Mr. Pearce had been obstructed by the board in the examination of the books.

MR. PEARCE stated that the particulars of the obstruction were given in a letter he had addressed Mr. Samuel Morley on the management of the company. Mr. Morley had had that letter for three months, Mr. Ashley had had it, and so had other members of the board. It was now contradicted for the first time. That being the case, he should feel bound to give at least that part of the letter to the shareholders in a paper with which he was connected—*House and Home*. He might say that the letter was written to Mr. Morley to inform him on certain matters, as Mr. Morley did not attend the meetings of the board, and consequently got his information second-hand. Of course the shareholders knew nothing of this; but Mr. Ashley had sheltered himself behind Mr. Morley's opinion, and the shareholders naturally supposed Mr. Morley was in the habit of attending the meetings.

The resolution was put and declared to be carried.

A vote of thanks to Mr. Le Bas for presiding terminated the proceedings.



HYGIENE.

DR. GRINDROD ON THE CURE OF THE DRUNKARD AND INEBRIATE ASYLUMS.

THE veteran temperance reformer, Dr. GRINDROD, in speaking at the second annual meeting of the Society for Promoting Legislation for the Control and Cure of the Drunkard, held on the 29th ult., and reported by us in last week's issue, said: The honorary secretary had requested him to give some details of personal experience, but the time would not permit him to enter at any length on an experience which now extended over some forty years. His experience had been a sad one, as a whole—a considerable number of cures, and encouraging—but in others a failure. The failure in nearly all was attributable to the habits and customs of society, which induced the cured inebriate again to drink. This society might, in the truest sense of the word, be called a *humane* society. Dr. Bucknill, in an article in the *Contemporary*, characterised the existence of the drunkard as 'worthless,' and even boldly

asserted that if alcohol was as strong a poison as some asserted, it would be a good thing, because it would put an end to his debased and 'worthless' career. But why should we desire the death of the drunkard? He was an intelligent being when not under the influence of drink, and surely his life was worth saving. We had institutions in London and elsewhere for the care of stray dogs. Why should we not have institutions for the care of stray drunkards? Dr. Bucknill asserted that he had not known of the cure of a confirmed drunkard, and gave some statements to that effect. Even admitting this as a fact, we had asylums for the care and treatment of idiots who were incurable, and why should we not, on similarly humane and Christian principles, have asylums for the care and treatment of incurable drunkards? The fact, however, was that drunkards, under proper care and restriction, could be saved, and to attain this object was the great object of the present meeting.

Passing to the object of the new Act, and the establishment of retreats for inebriates, Dr. Grindrod entered into a number of interesting details and suggestions.

In the first place, he contended, as an essential element of success, that retreats for inebriates should, as far as practicable, be instituted and carried on through motives of benevolence, and not be simply *commercial speculations*.

In the next place, the inebriates should be under medical care and oversight. This was in most cases an essential. Mere restraint and consequent abstinence from drink would not effect a cure. Too much attention, in his view, had in the past been paid to the drunkard when in his worst and most deplorable stage—too little to those *preventive measures* which would mitigate the desire to drink or abate the violence of paroxysmal attacks.

Each case must be treated by itself. In each inebriate there was probably some condition which predisposed to drink indulgence—such as disorders of the digestive organs, the liver, or nervous system. Very much might be done to relieve and cure the inebriate by remedies of prevention.

A point of considerable importance in the formation of retreats for inebriates was *the separation of classes*. It would not do to have an admixture of the coarse and vulgar and illiterate with the more educated and sensitive and refined.

Occupation, also, was a matter of no trifling importance. This occupation must include the social, the intellectual, and the physical. In addition, handicraftship, in some form or other, to meet the desires of the patients, might be instituted.

Kindness and sympathy on the part of the physician or the manager of the retreat was also important. Religious supervision was equally, if not more, essential. There were times and seasons when the patients were regardless of religious instruction; there was a period when it was most essential.

The new Act would lead to important results, statistical and otherwise, in respect to the nature of drunkenness, whether as a moral failure or physical disease. Dr. Grindrod viewed it as a physico-moral disease, differing in its character and strength according to the time and special nature of its formation.

Dr. Bucknill largely dwelt on failures—but the failures, in the opinion of Dr. Grindrod, were the result of a want of proper care and due appreciation of the nature of the disease. He then stated that our experience hitherto had been confined to our prisons. He had not long back had two chaplains of jails

under his medical care, one of whom had been a jail chaplain during twenty-five years, and the other upwards of thirty years. Both stated that nearly all the prisoners had been drunkards prior to their incarceration, but that not in a single case had they known of harm resulting from immediate and sudden abstinence, but, on the contrary, marked benefit, physical and moral. This was an important and encouraging fact.

Before the conclusion of the meeting a conversation took place as to the names proposed to be given to the proposed retreats. Dr. Grindrod urged on the consideration of the committee the avoiding of the name 'drunkard' or 'inebriate,' which would be an insuperable obstacle to their success. Call them 'hygienic institutions,' or 'sanatoriums for invalids,' or any name which would not expose the inebriates to unpleasant observation or annoyance.

EARLY RISING.

EARLY rising is undoubtedly a good habit. The most delightful time of the day is early morning, and it is a very good plan to begin our daily duties early. Our vital energies have been renewed during sleep, and the hour of rising ought to be the time at which our strength is greatest; and with healthy persons this is the case. There is no time during the day when we should be in a better condition for mental or manual labour than early morning; our stomach then is not oppressed with food, and so there is more vital power for the mind or the body, and the free fresh air is both enlivening and invigorating.

Eight hours of sound refreshing sleep is generally supposed to be sufficient for most persons; some do with less, and, depend upon it, more than enough is injurious. Every kind of excess is injurious to health; no matter whether it be excess in eating, or drinking, or in sleeping, these excesses do much to shorten our existence, besides making us unhealthy in our bodies and unhappy in our minds. Early rising in itself is often an indication of good habits, because regular early risers invariably retire early to rest; and it follows that hours of idle gossip, smoking, drinking, card playing, and other evils, which are ruinous to health, are thus avoided. Now, if you are weary from honest labour or healthy exercise, and you have been temperate both in eating and drinking, you will at once fall asleep on retiring to rest, and your sleep will be sound and refreshing; then, when you awake, at once get up, and don't lay dozing half asleep and half awake, for this does no good, it only tends to form a bad habit; and like over-eating, or any other habit, the more you indulge in it the more you crave for it. Remember, every act tends to form a habit, and habit is second nature, so do be careful that the habits you form are reasonable and good ones: when once you get into good habits, the delight they afford will encourage you to keep to them.

Sometimes we hear said, 'How brief life is!' and yet perhaps those who say so are in the habit of spending several hours needlessly and indolently in bed. Every minute spent in bed, after the necessary amount of sleep is obtained, is really a waste of time; yes, hours that are spent lazily in bed could be devoted to many useful purposes, which might make life more useful and agreeable.

R. SHIPMAN.

THE LONDON WATER SUPPLY.

DR. FARR and Mr. Edwin Chadwick having fully investigated the metropolitan water supply, and the terms for the public purchase of the undertakings of the trading companies now supplying the metropolis with water, have embodied their experience and suggestions in a report recently presented to the Council of the National Association for the Promotion of Social Science. London (inner circle), according to Dr. Frankland's testimony, was supplied during the past year by eight companies, with a daily average of 129,657,848 gallons of water. Of these 65,063,839 gallons were often much polluted with organic matter of animal origin; 56,501,022 were occasionally so polluted; whilst only 8,092,987 gallons were uniformly in a pure and wholesome condition. The defects of the present system are briefly summarised, first, in the defective conditions of intermittent supply and delivery, by stagnant detentions in cisterns and butts in close places, where the water is de-aerated of the air at the source, and absorbs the gases of putrefaction of cesspools, bad drains, sewers of deposit, etc., and is besides elevated in temperature. This renders the water repulsive and unpotable, and, as a general fact, water so delivered is not habitually drunk, as it might be, by the wage classes of the community. The inference to be drawn from this is that they drink beer in its stead, and thus the bad water supply and defective storage become direct incentives to the undue use of intoxicating drinks. Secondly, in the present condition of delivery there is a waste of upwards of three-fifths of all the water pumped into the metropolis; and, lastly, the conditions of distribution on the intermittent system for a trading profit, and not as a public service, obstructs the due provision by means of hydrants, under the charge of the police, for the prompt extinction of fires, occasioning nearly threefold greater losses of life and property in the metropolis than in such large provincial cities as Manchester, Liverpool, and Glasgow, where improved systems on a public footing have long obtained. By the purchase of these companies, an economy of upwards of £100,000 per annum in the expenses of administration, derivable from consolidated management on a public footing, would be effected, and from this it is estimated the requisite house services might be altered to receive the constant supply, the streets hydrated completely for protection against fire, and the streets cleansed without any additional charge to the ratepayers. The report concludes by urging the purchase of the water companies by the government without further delay. In 1850 the works might have been purchased for £6,000,000. An improved system of distributory apparatus for the whole of the metropolis in its present magnitude is estimated at £26,000,000, and at the same rate of progress it will in another decade amount to £37,000,000.

TEMPERANCE ADVOCACY, OLD AND NEW.

THE advocates of the Temperance Question are now no longer rough and uncultured. Some of the most eloquent writers of the age are busy in promoting sobriety. In the early days, however, it was not so, since the work was then done by tools of a much rougher description. Preston has fittingly been called the cradle of the temperance reform. If the first modern society was not formed at Preston, undoubtedly the most active one was planted there. And the plant was of so sturdy a character that its branches have spread themselves over most of the civilized world.

The name taken by the new societies—teetotal—has been the occasion of much discussion. Some hold that the word was a Lancashire idiom, in use long before it was associated with temperance. They assert that it was common to say of a man who had been discharged from his employment without hope of a re-engagement that he had been 'teetotally sacked;' that a man helplessly inebriated was 'teetotally drunk'—a phrase often employed since by opponents of temperance in describing very 'ardent' abstainers, those who go the whole hog. But, on the other hand, it is asserted that the word was first coined at one of the very earliest meetings

held by the teetotalers, by DICKEY TURNER, a well-known Preston character, who, it is said, stuttered.

The question is an unsettled one, although considerable attention has been devoted to it by Dr. F. R. Lees, who contends it is a Lancashire word; Mr. J. M. O'Callahan, who has written upon the subject in the *Athenæum*; Rev. Dawson Burns, who has contributed to the columns of *Notes and Queries*. But no investigator has hitherto succeeded in finding the word in print anywhere prior to its use by Turner in 1832.

Turner's speeches were exceeding racy. The *Preston Temperance Advocate*, for November, 1834 (edited by Mr. Joseph Livsey), contains a report of the first half-yearly festival of the Preston Temperance Society, held at the theatre, on the 30th of September, and the four succeeding nights! There was evidently no difficulty in keeping the steam up in those days. The speeches delivered are exceedingly interesting, but our space will only allow us to make one selection.

RICHARD TURNER is reported to have spoken on the fourth night of the festival as follows:

'I have need to rise to speak well of the glorious cause of temperance, for the good that it has done for me. At one time I was a trouble to my parents, for I believe I was the worst lad that ever was born of a *man* (roars of laughter). You must not expect much from me, because my education was at the ale-bench. When I go through the streets on a Sunday, it does my soul good to meet so many reformed drunkards, well-dressed, and going to their places of worship. What fools you are to cover the landlord's table, while you yourselves must live on potatoes and salt, and your children bare-footed and bare-headed, your coats out at your elbows, and your trousers out at your knees, as mine used to be. I used to call these people temperance fools; but after attending a meeting at the Moss school, I found I was the fool, and they were wise men. If they have got so much good, why may not I too? They invited me to come and sign. I went up to the table. They asked me how long I would sign for. I said a fortnight, for I thought it was quite as long as I could keep it. I signed the moderation, but that would not do. Afterwards I signed the teetotal, and, bless God! I have kept it, and am strong and hearty, can do my work better than ever I could, and am determined to go about preaching temperance as long as I live.'

It is satisfactory to know that this determination was carried into effect. Turner not only preached, but what is better, he practised temperance until his death.

THE EYES AND COLD WATER.—The *American Journal of Health and Medicine* says, in speaking of cold water applied to the eyes, that the aquatic furore has become so general, that for the simple reason that cold water is a pure, natural production, it is claimed to be a universal and beneficial application. Arsenic is a pure natural and simple product; so is prussic acid, as obtained from the peach kernel. A single drop of tobacco oil will kill a cat or dog in five minutes. Many persons are daily ruining their eyes by opening them mornings in cold water. Cold water will harden and roughen the hands, and much more will it do so to the manifold more delicate covering of the eye; or, the eye will, in self-defence, become scaly, in the manner of a fish; that is, the coats of the eye will thicken, constituting a species of cataract, which must impair the sight. That water, cold and harsh as it is, should be applied to the eye for curative purposes, in place of that soft, warm, lubricating fluid which nature manufactures for just such purposes, indicates great thoughtlessness or great mental obliquity. Nothing stronger than lukewarm water should ever be applied to the eye, except by special medical advice, and under special medical supervision.

CURE FOR CONSUMPTION.—Dr. R. D'Unger declares that no cough mixture can reach a diseased lung. He pronounces the disease from which the consumptive suffers to be a wasting one, an internal fever which consumes the carbon in his blood more rapidly than the food he eats can supply it. If carbon was furnished as fast as the disease exhausted it, the body would not waste; if it was put into the blood in excess of what the disease required, there would be an increase in the strength and bulk of the body, instead of a decrease. He therefore recommends the use of the following prescription, which he says has often produced, to his knowledge, results marvellous to behold: 'One half-pound finely cut up beef-steak (fresh); one drachm pulverized charcoal; four ounces of pulverized sugar; four ounces rye whisky; one pint of boiling water. Mix all together, let it stand in a cool place over night, and give from one to two teaspoonfuls, liquid and meat—before each meal.'

DIETETICS.

SUGAR AS HUMAN FOOD.

BY WILLIAM GIBSON WARD, ESQ., F.R.H.S.

(Continued from page 91.)

FOURTH ARTICLE.—WHAT IS THE SUITABLE QUANTITY TO BE EATEN, ETC.

WE have shown the wide provision of sugar by a kind Creator for the sustenance of man. We have shown, too, its work in the human body to give the force man requires in his daily life, and to give the heat he requires to preserve his blood steadily at ninety-eight degrees of heat, however low the temperature of the atmosphere may be.

We now attempt to fix the quantity that may be taken daily. There is undoubtedly a difficulty here. The varied circumstances of man prevent the fixing of any exact amount of one item of food. The quantity required varies with the seasons—likewise varies from the habits of one man compared with another man. One man takes rum, or gin, or brandy, daily—such a man requires less sugar; indeed, he has little appetite for it at all.

The task of stating the quantity of sugar taken beneficially is unnecessary under ordinary circumstances; the untainted appetite is a sufficient guide. In a winter's day an ordinary person, not taking alcohol in any form freely, can eat sugar as sweetmeats all day long. But in the summer no such indulgence could be resorted to: it would soon excite nausea. The sugar taken at meals with tea and coffee, and porridge, and fruits cooked and uncooked, may nevertheless be quite equal to the winter average.

In a very useful book, 'Food,' etc., by A. H. Church, M.A., etc., the average daily diet, it is stated, should be:

	In 100 parts.	Each 24 hours.
		lb. oz. grs.
Water	81.5	5 8 320
Albuminoids or flesh-formers	3.9	0 4 110
Starch, sugar, etc. . . .	10.6	0 11 178
Fat	3.0	0 3 337
Common salt	0.7	0 0 325
Phosphates, potash salts, etc.	0.3	0 0 170

Here, at once, it is seen that the carbonaceous articles of food are required most in quantity. Nearly three-fold over the quantity of albuminoids. The fat, of course, some vegetarians would supply with butter—others exclude butter and take olive-oil. Olive-oil makes good pastry, and for frying vegetables and made up articles it is superior to butter.

In the table, the quantity of sugar is not stated distinctly from starch. It may be taken as one-third or a little less, say 3oz. a day, or 7olb. a year.

In our household we use over 87lb. per adult a year. There is not an artificial tooth in the mouth of any one there, neither is one required. The health of each one is as perfect as it is possible to be; and has been for thirty years past of such living.

But one household, however perfect may be the example,

and however satisfactory the results, cannot satisfy the man seeking evidence. Wider results may be demanded. The late James F. W. Johnston, in 'The Chemistry of Common Life,' vol. i. p. 272, states that the yearly consumption of sugar is in

Russia	1½ lb. per head
Belgium	5 "
France	7½ "
United Kingdom	28 "
Venezuela	180! "

The consumption in Venezuela is very large: it must involve that many persons consume 12oz. to 16oz. a day. What adds to the fact is that the refined sugar is mostly imported from Europe. In the instances of Russia, Belgium and France, the low estimate is largely made up by the greater quantity of honey consumed than is in the United Kingdom and probably in Venezuela.

Dr. Pereira, in his treatise on 'Food and Diet,' says, p. 114: 'The injurious effects which have been ascribed to sugar are more imaginary than real; for some individuals have consumed large quantities of it, for a long series of years, without suffering any ill-consequences therefrom. We are told (by Dr. Slare) that Henry, Duke of Beaufort, who died about 1702, ate nearly a pound of sugar daily for forty years. He died of fever in the seventieth year of his age. He was never troubled with cough, his teeth were firm, and all his viscera were found after death quite sound.'

Dr. Pereira himself was strongly in favour of sugar. He says: 'The fondness of children for saccharine substances may be regarded as a natural instinct; since nature, by placing it in milk, evidently intended it to form a part of their nourishment during the first period of their existence.'

'Instead, therefore, of repressing this appetite for sugar, it ought rather to be gratified in moderation. The popular notion of its having a tendency to injure the teeth is totally unfounded.'

The late George Henry Lewes, in his 'Physiology of Common Life,' sought to throw doubts on nearly every received doctrine or opinion, but he could not say a word against sugar, but rather gave a wide license for its use. He says, vol. i. p. 141: 'A surer argument is founded on the instinct of mankind. If we all so eagerly eat sugar, it is because there is a natural relation between it and our organism.'

'Timid parents may therefore check their alarm at the sight of juvenile forays on the sugar-basin, when not excessive; may cease to vex their children by forbidding moderate commercial transactions with the lollypop merchant, and cease to frustrate their desires for barley-sugar by the never-appreciated pretext that the interdict is "for their good."'

The most scientific treatise that we have on food is the work of the late Edward Smith, M.D., etc., entitled 'Foods,' London 1873. There he does not give any idea of the quantity of sugar to be eaten by each person, but implies that a healthy person may take as much as appetite demands. He says, p. 259:

'It is impossible to estimate the effect of the entire withdrawal of an important article from the food of mankind; but it may be doubted whether the loss of any one element of food would be so keenly felt as that of sugar. So necessary is it, in fact, that starch, the other universal vegetable food, is

transformed into sugar in its course of chemical change within the body.

'The ultimate chemical composition of dried sugar is as follows, in 100 parts :

	C	H	O
Milk-sugar	12	11	11 + water
Cane-sugar	12	11	11

'There are 2,800 grains of carbon in 1lb. of ordinary moist-sugar, and there should not be any nitrogen.

'Ten grains of lump-sugar, when burnt in the body, produce heat sufficient to raise 8·61lbs. of water one degree Fahr., which is equal to lifting 6·649lbs. one foot high.

'It was indicated as the respiratory food *par excellence* in my *Mémoire*, published in the *Annales de l'Académie des Sciences de Montpellier*, 1860; and is the most striking illustration of a respiratory food which we possess, for not only does it exert a great and rapid influence over the respiratory process, but it is entirely transformed into carbonic acid and water, both of which pass off from the body by the lungs.

'Its action is very rapid, commencing within five to ten minutes after it is eaten in solution, attaining its maximum in about thirty minutes and disappearing within two hours. My experiments on the different kinds of sugar have been very numerous, but it will suffice here to give a general indication of the results.

'One ounce and a half of white sugar dissolved in water gave a maximum increase in the carbonic acid evolved of 2·18 grains per minute, and of the air inspired of 111 cubic inches per minute.'

Enough, and enough, surely, of evidence of a fact never known to be disputed by any man of scientific information or acute thought. Those who take the contrary position have to overturn acute physiologists like G. H. Lewes, profound chemists like Edward Smith, and experienced physicians like Dr. Periera.

HOME-BAKING.

IN writing to the *Dietetic Reformer*, Professor F. W. Newman says: 'I now bake at home, and timidly offer my experience as a contribution to the *D.R.* I buy the wheat, and grind it in my steel mill. The bread is made without kneading and without yeast, by baking-powder; new bread every day. I have from first to last found it deliciously sweet, but at first it was somewhat dry, and not so nice the second and third day—the crust rather too hard, and the crumb never holding together so as to bear butter. After several experiments, the addition of *one* ounce of well-forked potato to *nine* ounces of wheat-flour seems to produce a perfect loaf, or perhaps "bannock."'

SHOT IN GAME.

THIS being the season when game killed by shooting, and probably containing the pellets, is eaten, it may be worth while to caution those who consume the flesh of birds with avidity, that the proportion of instances in which shot is found is probably small in comparison with the number of cases in which the pellets are unwittingly swallowed. It is a matter of speculation how much mischief a shot may do when passed into the intestines, but the fact that anomalous diseases have been set up by the presence of very small bodies which have become entangled in folds of the mucous membrane renders it desirable to put the public on their guard. Occasionally the most disastrous results have followed such small causes. We have in recollection the case of a physician who died, after prolonged and unexplained sufferings, from the impaction of a very small nail which had found its way into a pudding, and was inadvertently swallowed. A little care will avoid this contingency, but, remembering that the bird had been shot, some pains ought certainly to be taken to avoid swallowing the missile.—*Lancet*.

HOW TO MAKE THE HOUSE A HOME.

By MRS. PERRIER.

(Continued from page 94.)

THE men who refuse to recognise the right of female rate-paying, self-supporting citizens to the franchise, are men who were reared in homes in which the women either openly asserted and defended their intention of never knowing or caring for anything beyond those homes, or else treated everything else with obtrusive indifference—who were determined, and took credit for being determined, to concentrate all the faculties bestowed upon them on the arrangement of their drawing-room ornaments, or the tidying of the housemaid's closet. That the opposition which a man finds upon this experience is not very logical, when it is attempted to be argued, is of no consequence just now; the fact is there, and it is there to the manifest wretchedness of many a home. If among the rougher and coarser classes women suffer awfully from the 'physical force' of their male companions, truly, among the more refined, men suffer sometimes very pitifully from the want of mental and moral force, or rather the want of properly applying that force, among their female belongings. How is home to be home to any man, who, after escaping from the drudgery of his office or his counting-house, never heard a word on any subject more important than the delinquencies of a maid-servant or the newest fashion in a gown or bonnet? Nay, even on the subject of his business, when circumstances make that for the time press so heavily as to exclude all other interests, it is the rule, not the exception, that a man can rarely speak 'at home' with any expectation of being understood or sympathised with. Here, indeed, the advantage is on the part of the lower rather than the higher classes in the social scale. The small shop-keeper and his wife, for instance, are generally partners in work, and can and do converse intelligibly, and with interest and profit, about that work; and if her interests are bounded by that, there is this to be said, that his too are likely to rest more completely within it than the thoughts and interests of better educated men can within their immediate occupations, and also that even by sharing in that, her mind must become perforce less narrow than are the minds of many better educated women. The remedy for this state of things lies altogether in moral effort. Women must take to heart and act upon these two truths: first, that although the concerns of their own households are and ought to be their chief care, they ought not and never were meant to be their only interest in life; and secondly, that the healthy moral atmosphere, and even the material well-being of their own households, are not only promoted by, but even depend on, their recognition of other interests. No doubt men are culpable in this thing also. There are those among them who are not content with zealously and carefully devoting themselves to their business in life, whatever that may be, at the fitting times—they steep themselves, so to speak, in it; they will give no admittance within their minds to any thought or interest unconnected with it at any time, and they will brood and worry over it, until at length the brooding becomes a morbid pleasure, and the intrusion of any other subject on their notice by any one is resented as an impertinence. God help the young people in a household where the father habitually sits so brooding, returning a surly answer and a sour look to

every timid remark made by those whose young comprehensiveness of thought and sympathy is springing forth to embrace all creation! And double need have they of His help, if the mother's remarks and rejoinders rise no higher than peevish complaints of the waste of candle-ends and kitchen-stuff or irritating reminders of little trifling 'duties,' as she calls them—duties, the performance of a dozen of which would not be worth the one bright thought, the one happy idea, which she puts to flight by her ill-timed remembrance of a cracked teacup, or her ill-timed request to have the dusters counted the first thing in the morning. Those are the young people who too often outrage the prudential habits of their homes by running a reckless career of waste and dissipation, or who, when God has helped them to pursue their nobler aims alone and under great discouragement, find that in so doing they have put an impassable moral and mental gulf between themselves and their parents, which can never again be bridged over. That such heads of families don't represent the best men of business or the best housewives, any more than they represent the best parents, all experience shows us. The life of the late George Moore is only one, although one of the brightest, of the many examples which prove this. And his life and the lives of others prove also that no extraordinary genius is necessary to make home fire-side conversation bright, pleasant and profitable; in fact, one of the most enjoyable ingredients of home life. The brilliant 'table talk' of society may require not only a natural gift, but some little special training. The cheerful, hearty reciprocation of thought and knowledge at home, the happy exchange of ideas, of learning, of fancy, of humour, require only that each member of a household should first extend his or her sympathies to the pursuits, pleasures and interests of the other members; and, then—and the process will follow naturally—enlarge them, so as to include in some measure the pursuits, pleasures, and interests of the whole human race. We must not persuade ourselves, however, that the first effort will be very easy, although it requires no special genius. There will be much to be conceded to varied tastes and to peculiar and long indulged habits. A man can't be driven in a moment from his custom of solitary brooding over impending 'depressions in the market' to the taking of any interest in questions relating to 'applied art,' neither can a woman be suddenly charmed from dismal musings over the difficulty of finding good servants to the finding of a real and rational pleasure in discussing a new discovery in the principles of hygiene. The spiriting must be done gently by those who begin to apply this means for improving their homes, but if so done, and also judiciously and perseveringly, there need be no doubt of its success.



CURRENT OPINIONS AND EVENTS.

Mr. Mundella, when speaking of the meeting of the British Association, stated that in his opinion :

'What we as a nation had to do, was so to improve our productions as to compel other nations to accept them. No doubt several years of excessive demand had induced us to neglect the quality of our productions and other matters connected with them, and the consequence was that considerable adulter-

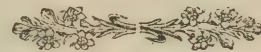
ation took place in many articles. At the same time, in the period of our prosperity, our manufacturers were very unwilling to adapt themselves to the requirements of the times. Upon these things we should now have to improve. There had also been excessive expenditure in this country in various ways, and an enormous outlay on armaments in all countries. For some years Europe had been an armed camp. At home there had been a great loss of capital, which was not a trivial fact, or in the calculation. The foreign loans which had been repudiated during the last seven years amounted to many millions sterling.'

If it is any satisfaction to know that other countries are suffering from depression, we may have it, for Mr. Mundella said :

'Notwithstanding her good harvests, America had suffered in a way which he could not have believed possible. Then, as to Germany, she was poorer at this moment than she had ever been. Austria was very little better, whilst France had suffered less, on the whole, than almost any other country. The reason of this was that France had learned from the bitter lessons of adversity that she must be thrifty, industrious, and saving to the very last degree. If Englishmen would become as thrifty and saving as Frenchmen they would immensely improve their present position.'

The following paragraph from the *Ironmonger*, while it indicates some activity in the iron trade, is an evidence of the very low prices realised for iron and steel rails :

'A member of the Canadian ministry at present in this country has just given out orders for 65,000 tons of steel rails, of which total, however, a moiety is for delivery during several months ahead, and at higher prices than the lots for immediate shipment. The orders have been apportioned as follows :—The Barrow Company, 30,000 tons; Brown, Bayley, and Dixon, Sheffield, 15,000 tons; the West Cumberland Iron and Steel Company, Workington, 10,000 tons; and the Dowlais Company, Dowlais, 10,000 tons. The prices range from £4 17s. 6d. to £4 19s. per ton delivered in Montreal, the lower price for this year's consignment. Nearly 20,000 tons of iron rails have been purchased in South Wales for the United States, at prices up to £4 10s. per ton for immediate delivery. Scotch and hematite pig iron are selling largely for America.'



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

QUEEN'S PARK ESTATE.—PROPOSED FLOWER SHOW.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Knowing you are interested in the affairs of Queen's Park, and like to see it prosper, I ask you to allow me a short space to throw out a suggestion in respect to a flower show. As a working-man, I believe in self-help; and I think if the inhabitants of our little city were to form a society, and pay a small contribution weekly or monthly, we could raise funds enough by next summer to offer prizes and carry out a successful show. A very pleasant day might be spent in this way, which all adds to home pleasure and happiness. Hoping this space will not be wasted in your valuable journal, but that those who are interested in this sort of thing will take it up with spirit,

I am, yours truly,

GEORGE STIFF.

Queen's Park Estate,
August 20th.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.'

Tennyson.

Brave soldiers die with their faces to the foe. Looking back never conquered a city, nor achieved a work of art, nor wrote a book, nor amassed a fortune. The silent inward cry of the world's great men has ever been: On, my soul, right on. Contentment with the past is to strike your flag. Looking backward with complacency is spiritual death. Looking forward, with the calm resolve that the future must be and shall be better than the past, that past mistakes shall be teachers and helps to future wisdom, this gives inspiration, and this means victory. It is when we turn our faces resolutely toward the end of our journey that they are touched with celestial light, and we breathe the eternal airs.—*Rev. F. F. Emerson.*

WHEN the spirit is quenched by the finger of death,
And the lamp that enshrined it is cold,
Does the flame that illumined it die with its breath,
And mingle and pass with the mould?
Are the thoughts of the mind and the hopes of the heart
As brittle and brief as the clay
That is born with the breath, and dies with the breath,
And is lost in the lap of decay?

Oh no! when the lamp shall be shiver'd in dust,
The Spirit that kindled its light
Will rise and expand with a mightier glow,
And sparkle eternally bright!
Every thought of the mind, every hope of the heart,
Surviving, shall conquer in death;
'Tis the lamp that is frail—'tis the body shall fail,
Not the soul-light that mocks at a breath.

C. D. STUART.

People are never made so ridiculous by the qualities they possess, as by those which they affect to have.—*Roche foucauld.*

Rare is the union of beauty and virtue.—*Juvenal.*

Eminent stations make great men more great, and little ones less.—*Bruyere.*

A man must serve his time to every trade
Save censure—critics all are ready made.

Byron.

Men sometimes say, 'I cannot do so and so, because I do not feel very well to-day.' You ought to be ashamed to say so—and that not on scientific grounds, but on religious grounds. God has made that body of yours for purposes of use, and has given it enough to do of things that are noble. Society needs it and you need it. And you have no business to let the old engine rust out for want of employment, nor let it get out of order through neglect or abuse.—*Holbrook.*

Liberty is the greatest good, and the foundation of all the rest.—*Diogenes.*

IMPORTANT NOTICE.

We have pleasure in announcing the commencement in our next number of an important Series of Articles upon

HOW TO FEED AN INFANT.

BY

BENSON BAKER, M.D.,

Licentiate of the Royal College of Physicians, London, Member of the Royal College of Physicians, England, &c., &c., &c.

AUTHOR OF

'THE SANITARY CONDITION OF THE POOR IN RELATION TO DISEASE, POVERTY, AND CRIME,' 'INFANTICIDE,' 'BABY FARMING,' ETC., ETC.

THE HOUSEWIFE'S CORNER.

CARPETS.

If you have carpets, sweep with a wet broom, in order to prevent the dust rising. To prepare the broom, dip it in clean water till perfectly saturated, then shake off the water so that it will not drip. Sweep a breadth, or part of a breadth, then give the broom another bath—always in clean water, and proceed as before. It will be seen that a large quantity of dust has found lodgment in the broom. The most delicately tinted carpet can be thus treated without injury, provided no *dripping* broom comes near it.

It is a mistaken idea to cover a carpet with drugget, to save it. What wears out carpets is the grinding on the floor, and the protection should come from *beneath*. Moth-proof carpet-lining is best, but several thicknesses of newspaper come next as a preserver. The printer's ink is an excellent moth preventive, and the newspapers keep the carpet from rubbing on the boards.

CEMENT FOR CHINA.

Broken china and glass can be made whole again by cementing with white paint (silver white), such as artists use.

RICE FLUMMERY.

Boil five ounces of ground rice slowly in a quart of new milk, add a little lemon peel, forty bitter almonds chopped fine, and a quarter of a pound of loaf sugar; stir it all the time when on the fire, and boil it twenty minutes, then pour it into a mould; let it stand all night. Serve with cream and preserved fruit.

POTATO PIE.

Put a layer of sliced potatoes in a dish. then a layer of eggs boiled hard and cut in slices, and a few chopped onions or mushrooms; put a little butter cut in small pieces, and a quarter of a pint of water, and bake it; when baked, melt two ounces of butter in a saucepan, add to it some hot water, and, if liked, a spoonful of mushroom ketchup; pour it into the pie. The onions may be omitted, if more agreeable.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

* * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors, and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

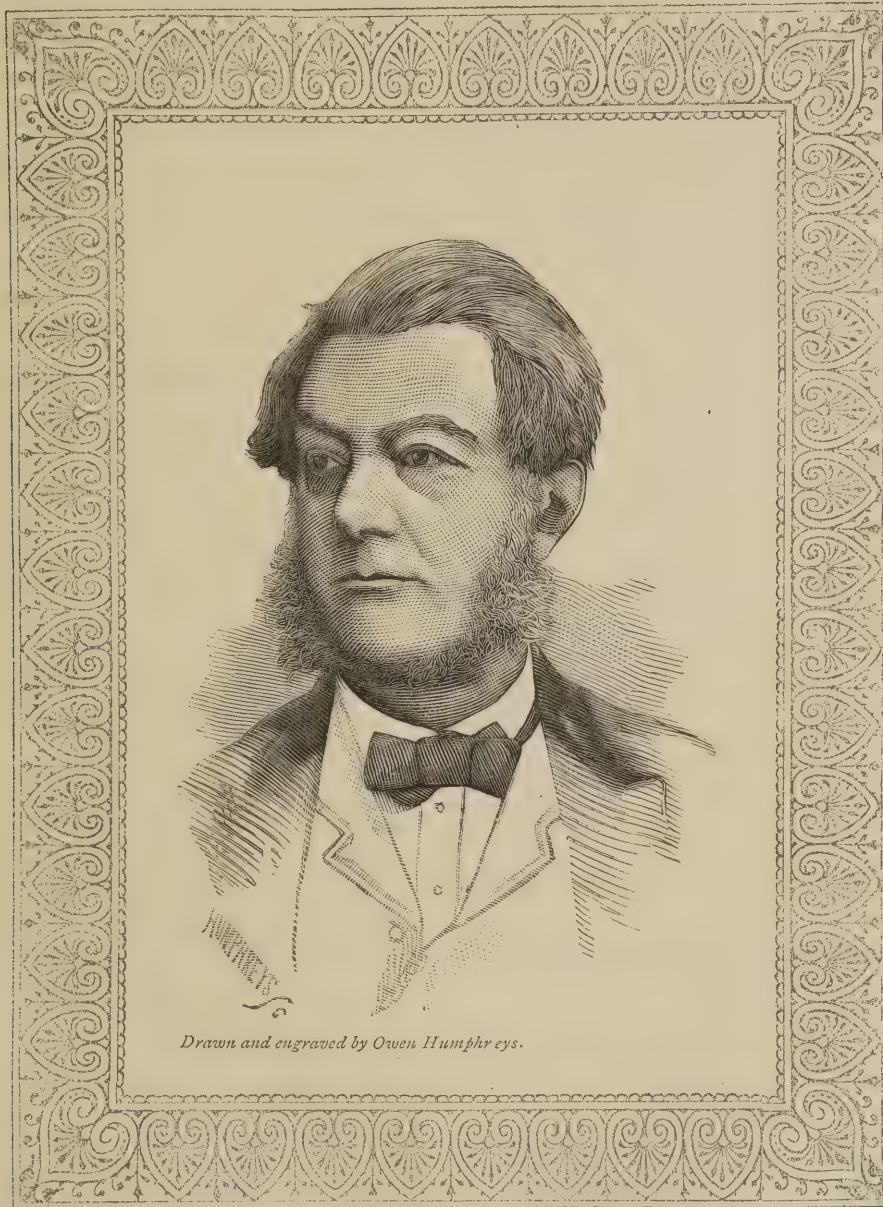
AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 33, Vol. II.]

SATURDAY, SEPTEMBER 6TH, 1879.

PRICE ONE PENNY.

REGISTERED FOR TRANSMISSION ABROAD.



DR. WILLIAM HARDWICKE.

[CORONER FOR CENTRAL MIDDLESEX.]

Weekly Journal for All Classes

INSTRUCTION: OVERCROWDING IMPROVED DWELLINGS
U LING SOCIETIES: DIETETICS: DOMESTIC ECONOMY

ON THE HOUSES OF THE FUTURE: THERE IS NO

SATURDAY SEPTEMBER 6th 1879.

THE WILLIAM HARTMAN
FOR THE LITERARY AND ARTS

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: SEPTEMBER 6th, 1879.

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DR. WILLIAM HARDWICKE.

(CORONER FOR CENTRAL MIDDLESEX.)

DR. HARDWICKE, the Medical Coroner for Central Middlesex, succeeded about five years ago to the office held by his late friends, Dr. Lankester and Mr. Wakely. Dr. Hardwicke must be over sixty years of age, for we find he passed his medical examinations in 1838, and was before that time a student and cotemporary at University College with Drs. Lankester, Carpenter, Sir W. Jenner, and others now living and holding eminent positions in their profession.

Dr. Hardwicke was originally engaged in general medical practice, holding appointments as doctor to working men's clubs and friendly societies in Clerkenwell and St. Pancras. We believe he was the first to introduce the provident dispensary system in London, where persons of independent but limited means were invited to obtain sound medical and surgical aid and medicine for the small sum of one shilling, the advantages of the system being that they avoided the indignity of seeking charitable relief, and did not lose their time by waiting as out-patients of the public hospitals. We remember him working here as a strong advocate of life and health assurance and temperance doctrines, besides promoting the establishment of public baths for the preservation of health.

In later years he became Deputy Coroner, when he devoted himself more exclusively to sanitary and social topics, chiefly in connection with the Medical Officers of Health in the metropolis, and as secretary to the Public Health Department of the Social Science Association. In the proceedings of this Association are found papers by him on the alleged starvation cases of large towns, on the removal of slaughter-houses and noxious trades from the metropolis, on means of checking the spread of epidemic diseases by the registration of dangerous contagious diseases; and at Cheltenham, last year, he advocated a public disinfecting place for every large town. At Aberdeen, in 1877, he proposed the block-building for the artizans in cities, on the model of the *familistère* at Guise.

Whilst health officer for Paddington he successfully carried out sanitary inspection of the over-crowded dwellings of the

working-class let out in weekly tenements by the absentee landlords, so much so, that the Vestry, on his retirement from office, passed a resolution, at the instance of B. Shaw, Esq., and our late friend the Rev. Jabez Burns, LL.D., in the form of a public testimonial, 'recommending their sense of the zealous and conciliatory manner in which he had at all times fulfilled the duties of his office; the warm interest he had taken in the welfare of the parish, and the attention which he had habitually directed to the attainment of a systematic method of sanitary visitation and inspection.'

In the discharge of his public functions of coroner, Dr. Hardwicke never fails to impress upon the jury the shamefully high rate of infant mortality, arising from ignorance and maternal neglect; he directs attention to the enormous amount of disease and deaths from uncurbed habits of drinking, the victims of which he truly calls chronic suicides. He continually exposes, in strong language, the grave social evils that lead to destitution and pauperism, bordering upon actual starvation, while the proper remedies for checking them are often mentioned.

It has always been his desire to exercise his functions as coroner with equal justice to all classes of society. He is no respecter of persons; and, as one or two of his inquests have evidenced, he is determined that in his department there shall not be one law for the rich and another for the poor.

As a reformer of the coroner's court he has done service, and set a good example in some of the large parishes of his district by no longer holding inquests at public-houses. It is mainly at his urgent request that the vestries are endeavouring to provide public mortuaries, such as those of Islington, Clerkenwell, and the City of London, worthy examples of what may be done to confer great benefit upon the living in our crowded neighbourhoods, and for those who are called upon to act as jurymen in the inquiries as to the cause of death at which it is his province to preside.

Dr. Hardwicke has contributed largely to the press on sanitary and hygienic topics; and his articles bear evidence that he is a painstaking observer and an enlightened sanitarian. His fields for observation have been wide, while, in many respects, his experiences as club doctor, Medical Officer of Health, Public Analyst and Coroner have been unique. It is to be hoped that his pressing public duties will not altogether preclude him from utilizing his varied experiences, but that the store of information he has been accumulating will be given to the public in some form or other at no distant period. As he can give much valuable and original information upon health topics, it will be a national loss if for lack of time or opportunity this is not done.

MR. GLADSTONE ON FRUIT AND VEGETABLE CULTURE.

ON Thursday, the 28th ult., Mrs. W. E. Gladstone distributed the prizes at the Hawarden Flower Show. MR. GLADSTONE, in acknowledging a vote of thanks to Mrs. Gladstone, said:

'I am very desirous to draw your attention—not the attention of cottagers only, but the attention likewise, if there be any here who hear me, of those who are farmers—to the very great importance of that which may be called garden cultivation. Now you know that this is a time of agricultural distress—that there is a considerable pressure upon the farmers of this country, and particularly in some districts. It is not so great, I am glad to say, in this district as it is in some others, but, notwithstanding, it is felt. It is not a time of prosperity, it is one of those periods which are sometimes productive of a good deal of good by leading people to consider more seriously than they do in times of prosperity what resources

they possess, what expedients they can resort to, how they can better their position and struggle with the vicissitudes of time and of climate more effectually than on former occasions they have been able to do. I believe that one of the modes in which the cultivators of the soil in this country—I will draw no distinction for the present between small and large—may improve their position is by paying a greater amount of attention to what is called garden and spade cultivation. (Hear, hear.) Perhaps it will surprise you if I tell you what is the value of the fruit and vegetables imported into this country from abroad. Now, of dried fruits there are imported into this country from abroad a value of about £2,346,000. I don't speak so much of those, because a large portion of those consist of products such as currants, figs, and raisins, that are not adapted to the latitude of this country and the climate of it; but when I come to other fruit, I find that a vast quantity is imported of raw fruit, which consists in a very great degree of what we grow amongst ourselves, such as apples, pears, stone fruit, and the like. No less than £1,704,000 worth of raw fruit generally is imported into this country, and of nuts, of which we have great quantities amongst ourselves, £467,000 worth. That is to say, about £2,200,000 worth of fruit, such as is grown in this country, besides what I might be able to point out in the fruit which is now imported in a dried form. Then, when I come to vegetables, a still larger proportion of vegetables are imported. There are £414,000 worth of onions imported, but I take it there is no better country for the growth of onions than this country. There are £2,386,000 worth of potatoes, and about £300,000 worth of other kinds of vegetables, or, in fact, £5,000,000 of vegetables imported from abroad. Now, I am one of those who are very glad that the people of this country, who want to eat fruit and vegetables, should get them from abroad if they cannot get them at home. I think it is an excellent thing that the labour of this country, in some shape or other, is exchanged, and employment given to the people in producing commodities that are given in return, and the fruit and the vegetables so imported—yet, still, on every ground I should like to see this fruit and these vegetables grown at home.' Mr. Gladstone then went on to show that the growing of flowers, vegetables, and fruit might be what might be called lucrative industries in this country—industries pursued upon a considerable scale and capable of yielding a very large return. There was a natural taste on the part of the people to cottage garden cultivation, and a vast deal of profitable industry might be set in motion by the extension of this cottage gardening by the introduction of the spade cultivation where it was found suitable, even upon larger masses of land than were at the command of cottagers. He alluded to the large apple gardens of North America, where as much as two hundred acres in one holding were devoted to the production of apples, and that from trees originally exported from England to America many years ago; and said they might rely upon it there was a great deal to be done with this subject of gardening and spade cultivation. They might say, perhaps, that they had no markets. But markets would be formed. There was an enormous mass of wealth in this country always looking out to purchase the means of enjoyment, and they would never find when a useful commodity came into existence that it did not very soon make a market for it. As a proof of this, he referred to the increasing demand for ostrich feathers since the establishment of ostrich farms at the Cape of Good Hope, and said that if there were large numbers of people ready to buy ostrich feathers there was still a large number ready to buy more flowers, more pears, and more potatoes, and more of those directly useful and necessary things which gardens produced. It was a mistake to suppose that everybody had got as much of those things as they wanted. We had enormous town populations which were but indifferently supplied with those things, and he was not at all sure it was not in the power of many of the farmers of this country materially to improve their own position by introducing this kind of cultivation—he did not say to supersede the present or to interfere with it materially, but as an auxiliary cultivation, and sometimes perhaps as one of very great importance.

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling: it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

ARTIZANS', LABOURERS', AND GENERAL DWELLINGS COMPANY, LIMITED.

EXTRAORDINARY GENERAL MEETING—A CORRECTION.

MR. JOHN KEMPSTER, a Director, writes us that the report of the recent Extraordinary General Meeting of this Company, published in our last issue, is inaccurate in ascribing to him the statement that 'the proxies are an evidence of the shareholders' confidence in us.' Our report, therefore, should be corrected by the substitution of 'A DIRECTOR' for Mr. Kempster. The utterance was made by one of the directors, but it seems we were wrong in ascribing it to Mr. Kempster. We regret the error, and can assure him that we have no desire to put into his mouth anything he did not say.



HYGIENE.

HABITUAL DRUNKARDS.

ON January 1 next the Habitual Drunkards Act, to facilitate the control and cure of habitual drunkards, will come into operation, and will be in force until the expiration of ten years from the date of its passing—July 3, 1879. In the preliminary part of the Act it is laid down that an 'habitual drunkard' means 'a person who, not being amenable to any jurisdiction in lunacy, is notwithstanding, by reason of habitual intemperate drinking of intoxicating liquor, at times dangerous to himself or herself, or to others, or incapable of managing himself or herself, or his or her affairs.' A 'retreat' is stated in the Act to mean 'a house licensed by the licensing authorities named by this Act, for the reception, control, care, and curative treatment of habitual drunkards.' No licence shall be given to any person who is licensed to keep a house for the reception of lunatics. The Act gives to the justices of the peace in England and Ireland, and to the sheriff or his substitute in Scotland, power to hear and determine, under the Summary Jurisdiction Acts, an information or complaint under the Act. The justices are to have the power to send habitual drunkards to retreats; and persons may be admitted to retreats on their own application, and such applicants, after their admission and reception into retreats, unless discharged, shall not be entitled to leave the retreat till the expiration of the term mentioned in the application, provided that such term shall not exceed twelve months. Provisions are made for the inspection of the retreats by an officer to be styled 'the Inspector of Retreats,' and each retreat shall be inspected at least twice in each year. Power is given to the justices to permit an habitual drunkard confined in a retreat to live with any trustworthy and respectable per-

son willing to take charge of him for a definite time for the benefit of his health. An habitual drunkard escaping from the person in whose charge he has been placed shall forfeit his license, and may be taken back to the retreat. Ample provision is made by the Act for the medical attendance and care of those detained in the retreats, under orders made by the justices.

DAMP SHEETS.

AMONG the dangers which beset the sojourners at the seaside is the really great and sometimes even deadly peril of sleeping in damp sheets. It is at all times, and under the most propitious circumstances, difficult to persuade servants at home that the 'airing' of linen and clothes is not to be accomplished by simply hanging them on a clothes-horse near a fire. Unless each article is unfolded and its position changed until all the moisture has been driven out of it, the process of drying is not effected. Even if vapour rises from one part it is reabsorbed by another. As a matter of fact, heavy articles, such as sheets, are scarcely ever thoroughly dried; and when delicate persons, perhaps fatigued by a journey, seek rest in a bed made with them, they incur the greatest risk of rheumatism and congestion of the larger organs, which may end in mischief it is impossible to repair. It is, of course, impracticable to induce lodging-house keepers to bestow thought on such matters. They profess carefulness, and do nothing. They are neither better nor worse than the servants at home, but they cannot be watched, and so neglect their duty with impunity. The only wise course is to insist on the sheets for a bed being brought up warm, and appoint some trustworthy person, or take the trouble, to see that this is done. Failing a precaution of this nature, it is better to remove the sheets from the bed and sleep in the blankets until the fact that they are thoroughly dry can be finally ascertained. This may seem a small matter, but it is often one of the greatest moment to health, and cannot be too repeatedly pressed on the attention of visitors to strange places.—*Lancet*.

HOT AIR AND VAPOUR BATHS.

AFTER the question of diet, there is perhaps no other of equal or greater importance than that of due attention to the functions of the skin, and of the various modes of relieving congestions and accumulations through the same by means of its millions of pores or channels, minute though they may be, and it is a good sign that already some really good articles on this subject have appeared in this journal. Perhaps some day an influential society will be started for this specialty, and endeavour to place hot air or Turkish baths and vapour or Russian baths within the reach of the poor, which they certainly are not at present, and herein we are behind the Turks.

Far from these baths being anything new, though they may be so to the great mass of our population, they existed fifteen hundred years ago, and were introduced as Roman baths by the invaders of this country, who had obtained the knowledge of them from Greece. Indeed, so highly did the Romans value hot-air baths, that they invariably constructed them in establishing their garrisons, as the ruins still existing in Chester and elsewhere testify. It is left to the modern English soldier to do battle with disease and danger as best he can on a bad diseasing diet, and destitute of such sanitary auxiliaries as were valued by the hardy Roman of old. Dr. Barter, an Irish surgeon of Cork, has done much to bring the bath within the reach of the poor of that town; a public company could alone bring them within reach in London.

Mr. Dunlop, treating of hot-air baths, truly observes:

'Baths for the people must be placed within easy reach of the people. Time is money, even more than money; it involves, in this case, rest from a hard day's work, ease and comfort after fatigue. Therefore the vast industrial population to whom the bath would be a blessing must have it brought, as it were, to their very doors, else they would not be able to avail themselves of it as they ought. District baths are therefore necessary, and we believe that such a company would be commercially successful.'

Hydropathic establishments, so numerous now in England and America, though only available for the richer section of us, would not be regarded as complete without a hot-air bath. From all accounts, however, dietetics are sadly neglected at many of these establishments. Dr. Barter rightly observed that such a bath, skilfully directed, is 'the keystone of the hydropathic system.' There was a proposition some time back to adopt it in one or two of the London hospitals—we are unaware whether it has been carried out. In defence of our hygienic theories, what says Dr. Trall? 'All healing power is inherent in the living system.' 'There is no curative virtue in medicine, or anything outside the living system.' Warm water, applied to the surface of the body, only produces surface cleanliness. The dead scarf skin is but very partially removed. Warm water bathing only is like washing the mouth of a sewer, instead of flushing the same throughout; and what are the numberless pore-tubes but numberless open sewers—an immense drainage system designed by Nature to relieve the body of its vicious secretions, and too apt to get choked up, especially in this uncertain, often chilly climate? The bath is not only a preventive of disease, but available as a cure of the same. To quote Dr. Trall again: 'Diseases are caused by obstructions; the obstructing materials being poisons, or impurities of some kind or other.' Many an illness is left in the bath, crushed in the very germ.

In No. 20, 'How to Cheat the Doctor,' a correspondent gives most excellent advice on hot-air bathing, and it is the want of proper advice and instruction which damages the cause so much. People rush heedlessly into a bath as they sometimes do into vegetarianism or diet reform, eating white bread when they should seek strength on whole meal, or eating too abundantly of nitrogenous food, as peas, beans, etc., or doing something else which they ought not to do. One man laid up with a headache after the bath, thinks the promoter ought to be hung and quartered; and if it is not the head, it is sure to be something the matter with the heart, and 'The doctor says I mustn't.' Now stomach disease is often at the root of heart disease, and in this we have one doctor's testimony at least, for Dr. J. Hope says: 'The correction of dyspepsia is of the first importance in organic diseases of the heart.' Persons, however, who are troubled with weak action of the heart, would be perhaps safer in a portable bath—of which a few words presently—because the head is free, and the air breathed fresh and cool. Among other instructions hung up in the People's Bath in Cork are the following:

1. The head should be wetted with warm water (particularly by beginners) on entering the bath, the evaporation from which will cool the head.

3. Free water-drinking, when the body is well heated,

encourages perspiration, hastens the process, and increases the efficacy of the bath by washing the body from within.

5. Unpractised bathers should not enter the hottest room without first consulting the attendant.

8. Unpractised bathers should not take the bath for a couple of hours after meals.

It is far better to instruct yourself than to rely on the attendant, who is far too busy shampooing.

But half the headaches, etc., which are complained of after the bath would not exist if Dr. Barter's simple rules were observed, viz., 'Make your first bath a short one, stay in as long only as you like, indifferent as to whether you perspire or not, but come again and again, at short intervals, until a healthy action is produced on the skin.'

The vapour or steam bath is much more rapid in its action than hot air, and no doubt admirably suited for the treatment of acute diseases and for the cure of hydrophobia, on which subject, and on baths in general, much useful information was elicited from a discussion carried on in two of the London journals at the time of the mad-dog scare in 1877. It is surprising that in a chilly, changeable climate, such as that of England, where colds and influenza are so frequent, portable hot-air or vapour baths are not more in vogue. One simple plan is as follows:—Make a bell-shaped robe of double tissue of some non-heat-conducting substance, as blue serge inside and coloured chintz out, several inches longer than the figure, to go over the head; tie it, well gathered up, about the throat, thus leaving the head exposed, and with two armlet holes for use of hands, if required. Provide a wood bottom, or cane chair, and fasten a plate of tin beneath for the flame of burner to strike against. Place under the chair a good spirit-lamp, with a flame of about an inch in diameter, such as sold with portable kitcheners. Sit down, placing the feet in hot water, enveloping yourself completely with the robe and so excluding practically the external air. In twenty minutes you will run with perspiration. Finish with a wash-down with hot water and soap, and rinse with cold or tepid water—using a rough towel. To produce vapour, place a vessel containing about a pint of water over the flame. We have heard of a man sitting over a clothes-boiling copper, enveloped in blankets, to produce the same effects, and no doubt there are many modifications to be made, such as putting hot bricks in a tub of water under the chair, etc. In using a spirit lamp, caution should be used not to fill the vessel too full, as we have known the spirit to overflow and ignite, and in a shroud, one is rather helpless, but the most ordinary caution suffices. Such a portable bath, which can be readily purchased complete, will save many an expensive, as at present constituted, public Turkish bath.

There can be no doubt that these baths, conjoined with a pure diet, are not only preventives, but actually destroy the germ of the disease in cases of incipient small-pox, typhoid fever, etc.; and anti-vaccinators may perhaps take the hint, by subjecting the child to a few sweatings after incision as soon as practicable, with the care due to such small patients.

The bath is found to strengthen the nerves as well as soothe them, and to aid digestion by so strengthening; and to be invaluable in rheumatism, colds and other congestions.

Finally, in the words of a kindly Irishwoman: 'We beseech our sick friends to fast, until they feel they can digest; to try

what the bath, the wet bandage and other hydropathic appliances, with water drinking and exercise in the open air can do for them; and to throw aside those pernicious pills and tonics, which, while trying to force Nature, must certainly poison her.'

C. DELOLME.

THE WATER SUPPLY OF LONDON.

THE official report of Colonel Bolton on the condition of the water supplied by the various metropolitan companies during the month of July states that, from the general bad condition of the water at the intakes, and the prevalence of floods caused by the almost incessant rains, the filtration of the water supply had again been attended with much difficulty, more especially with those companies not having sufficient storage capacity and impounding reservoirs to avoid taking in water when floods prevail. The New River Company, to provide for the increasing demands of their district, had made several important additions to their distributory works, so as to effect the separation of the different levels of their service into convenient zones, and to add to the power and means of communication by which their different stations were able to assist one another. The company was prepared to give a constant supply to all houses when called upon to do so by the authorities, and already gave a constant supply to 15,000 houses. The East London Waterworks had completed the extension of the constant system in more than three parts of their district, and were prepared to carry it still further within the next few months. The Southwark and Vauxhall Waterworks had not taken any steps for giving a general constant supply in their district. The covered service reservoirs at Nunhead, to contain 18,000,000 gallons, for giving a supply to the lower districts, comprising Kent Road, Bermondsey, Rotherhithe, New Road, Camberwell, and Peckham, were in use. Subsiding reservoirs were necessary, and arrangements had been made for their construction near the intake. Without such subsiding reservoirs the Company could not deliver water efficiently filtered during the prevalence of floods. The West Middlesex Company was giving a constant supply to a number of houses on the application of the owners, and could extend the system whenever required. In addition to this, the constant supply was being made compulsory in all new houses. The company having large reservoir capacity for subsidence, avoided taking in water during floods, and was increasing the storage capacity of the subsiding and unfiltered water reservoirs by taking in the whole of the spare land adjoining the present western reservoir at Barnes, and forming it into the reservoir. The capacity of the reservoir would be increased by 34½ million gallons, making the total capacity of all the subsiding and storage unfiltered water reservoirs 91¼ million gallons. The construction by the Grand Junction Waterworks of additional impounding and subsiding reservoirs near to the intake at Hampton was progressing. The first reservoir would occupy nearly 12 acres of land, and there would be, when full, a water surface of 10 acres, and depth of water of 22 feet. This reservoir was constructed to contain 45 million gallons uncontaminated by floods. The company contemplated the formation of filters at these works, with pumping machinery, for the purpose of supplying the low level district direct from Hampton, instead of from Kew Bridge, as at present. At the Kew Bridge works an additional filter of three-quarters of an acre had been provided, and the reconstruction of the existing filters, with storage reservoirs, would greatly tend to improve this company's supply. The Lambeth Waterworks Company had greatly extended the constant supply system, and the construction of new filters and works at Thames Ditton was being proceeded with. The Chelsea Company was also moving in the direction of providing constant supply.

The number of miles of streets which contained mains constantly charged, and upon which hydrants for fire purposes could at once be fixed, in each district of the metropolis, was as follows: Kent, 85 miles; New River, 201; East London, 85; Southwark and

Vauxhall, 112½; West Middlesex, 70; Grand Junction, 41½; Lambeth, 70; Chelsea, 56; making a total length of 721 miles. The water companies were ready to affix hydrants thereon when required by the authorities. The total number of hydrants erected was 4851, of which 2963 were for private purposes, 555 for street watering, 858 for public use, and 475 for Government establishments.

Dr. Frankland, who gives his analyses of the water supplied to the metropolis, says that the Thames water delivered by the Chelsea, West Middlesex, Southwark, Grand Junction, and Lambeth companies was much polluted by organic matters, and was not fit for dietetic use. The West Middlesex Company's water was also slightly turbid, and contained moving organisms. The Lea water distributed by the New River and East London companies was but slightly better, and the New River water was slightly turbid owing to suspended crystals of carbonate of lime. The deep well water delivered by the Kent and Colne Valley companies and by the Tottenham Local Board of Health had not been affected by the heavy rains; it was, as usual, clear and bright, and of excellent quality for dietetic purposes.



DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime'; 'Infanticide'; 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER I.

INTRODUCTION.

THE earliest manifestations of organic life are veiled in mystery. The greatest interest and curiosity has been felt by the physiologist in endeavouring to trace the beginnings of life in the simplest form, of cell organisation.* The secret of life has been sought to be wrung from nature by minutely investigating the structure of the body. The chemical constituents have been ascertained, the physical properties have been recorded, and an explanation of the vital properties has been suggested by the term physico-chemical action. The inherent potentiality of cell life still remains unexplained. That special power or life which fixes the destiny of cells (composed of the same materials), determines their development into an ear of corn or a man, is so subtle a force as to elude the grasp of the student of nature. The formation and growth of the various tissues† of the body, and the conditions under which they are developed,

* A cell is a very minute bag or bladder containing grains varying in composition according to the structure in which the cell is formed. In fat the contents of these cells is fat, etc.; in bone the cells are filled with lime, etc.; thus from the various elementary little bags the whole structures of the body are built up.

† Tissues are the ground-work of the various structures; as clay and particles of sand make bricks, so the simple granules make the tissues. The most common tissues are known as flesh, fat, bone, nerve, sinews, gristle, etc.; these all vary in structure and composition, just as silk, cotton, linen, or woollen fabrics do, but they are all tissues or textures.

have been carefully studied; the result of which is the deduction of certain general laws, which connect the individual organism with the world of matter and establish their reciprocal relationships. Much remains to be discovered in the realms of physiology; yet sufficient is known to enable us, with something like scientific accuracy, to indicate in broad terms the conditions that are essentially necessary to maintain and promote the growth of infant life.

It would seem, from the general ignorance that pervades all classes of the community, that the rational principles of infant dietetics are ignored, and that the maternal instincts have been obliterated by the social demands made by our advancing civilisation. To record the sins of omission and commission in this matter would occupy more space than is at our disposal. Moreover, the object of these articles is not simply to catalogue the evils that arise from improper feeding, unnecessary drugging, and defective hygiene, by means of which children either prematurely die or feebly struggle through the period of childhood to arrive at adult age in a state of physical bankruptcy.

It is the purpose of the author to offer a rational explanation of the principles which should guide the intelligent mother in the practical duties which the privilege of maternity has enjoined upon her. It is to be regretted that elementary physiology is not more generally taught in our schools. Surely it is quite as important to know in what part of the body the liver is situated, and what are its functions, as to know the name by which it was known to the Latins and Greeks! It is quite a remarkable phenomenon to find anyone that knows anything about an infant until the responsibility of maternity be incurred. The process of the mother's education in her new duties is conducted by means of a series of experiments on her infant, suggested by those who probably know as little about infant dietetics as the man in the moon. A knowledge of the elements which enter into the composition of the body, and the structure and functions of the principal organs that are engaged in nutrition and the maintenance of the functions of organic life, would appear to be a rational basis on which to found the theory and practice of infant feeding. It is, therefore, proposed to enumerate the more important and constant elements out of which the child is built up; having special reference to the maintenance and growth of the tissues, and the change these tissues undergo, the means by which they are supplied with new material, and the ways by which the waste or effete material is eliminated from the system. The question of feeding an infant embraces much more than the simple procedure of putting food into the mouth. It is of paramount importance that the food administered should possess the chemical constituents which are absolutely necessary for the purpose of maintaining the heat of the body, the formation of nervo-muscular force, the development of new tissues, and the repair of the old; and further, the aliment should allow of that rapid metamorphosis or change in the tissues which especially takes place in healthy infant life. In order that these obvious functions of organic life may be duly performed, it is necessary that the child should be placed under such hygienic conditions as are known to promote nutrition and growth. It is, therefore, a matter of no small importance that the skin be kept perfectly clean, inasmuch as it is a very important organ in eliminating those waste products

which result from the digestion of food and the disintegration of used-up tissue. The protection of the skin in a newly-born infant ranks next in importance to feeding. If the bodily heat of the child be not conserved by suitable warm clothing, congestion of the highly sensitive and vascular structures of the infant immediately takes place; death is often the consequence. A fall in the thermometer in winter is the death-knell of thousands of the badly-fed and insufficiently-clothed children of the poor. If the skin be kept clean and warm, it is enabled to perform its duty as an organ for relieving the system of waste material. When this is not efficiently done, nutrition cannot be properly carried on. The skin and the lungs are scavengers, and if they do not do their duty the roads become impassible, and new material cannot be delivered at its destination. There cannot be too much stress laid on the value and absolute necessity for a plentiful supply of fresh air. By means of breathing, air is taken into the lungs and is brought into immediate contact with the spider-web-like structure of the lungs, which, being full of blood, absorb the air and decompose it. The changes that are effected are essential to life. The blood is dirty with travelling round the circulation, it is charged with carbon (soot), and the oxygen of the air has a great liking for carbon, so they unite, and the expired air is given off in the form of carbonic acid gas and watery vapour, and thus the blood is purified. It has been demonstrated that atmospheric air contains a considerable per-centage of ozone, which when breathed materially assists in the formation of 'peptone.' This compound is an active principle of digestion, and consequently most important in assisting to convert the elements of food into those products which aid in the continuance of life and development of tissue or growth of the child. The valuable properties of ozone are shown by the effect produced on the digestion of children and others who visit the seaside.*

The effect of sea-side air upon the chronic, wasting diseases of infancy is really marvellous—old material is rapidly replaced by new growths of a higher vital grade. The proof of this statement may be verified by observing the effect produced by a few weeks' residence on the children who come from the manufacturing districts, with old-looking faces and shrivelled bodies, as if they had been subject to the same bleaching process as the cotton which their parents spin, and return home, having the appearance which poets and painters delight to portray as the picture of ruddy health. In order to feed an infant with the best results, many matters of detail must be considered. The principles on which the nutrition and growth of their life are founded have been deduced from physiological experiment and daily experience. They are laws of nature, and therefore cannot be neglected or broken with impunity. The violation of these laws carries in itself its own punishment. Much of the disease and suffering of youth and adult life might be traced to the neglect of the primary and fundamental laws of health during the period of infant nurture. It is, therefore, of paramount importance that those who have taken upon themselves the onerous responsibility of infant nurture should not, through ignorance or unwillingness, ignore the importance

of the dietetic treatment of children, and thus sow the seeds of future disease. The experience of ten years' medical labour in a populous district in the west end of London, among all classes of the community, has convinced me that many of the diseases popularly known, as struma, scrofula, and consumption, etc., are diseases of mal-nutrition. It is, therefore, a matter of high importance that children should so be fed as to attain the greatest physical vigour; else how can it reasonably be expected that in after years they will be enabled to discharge the more important functions in life? It is due to the miserable lack of knowledge of the laws of health, and the want of the enforcement of their value and importance, that so large an amount of preventable disease desolates the land.* Surely it is, or ought to be, a matter of grave import to the individual, the family, and the nation, that so much hereditary disease rests as a curse upon the nation, sapping the life and blighting the hopes of the fairest and best of our children. Our streets are not only disfigured by the stunted and deformed cripples, who plaintively implore our assistance, and at the same time suggest to the inquiring mind the question that was asked of old: 'Hath this man sinned, or his parents?' It is pitiful to see the physically weak and deformed, but it is much more so to know that thousands who inhabit our lunatic asylums are there through their crippled and deformed nervous systems. In other words, the highest structure of the human body—the nervous system—has been improperly nourished, and the functions of life so imperfectly carried on that the texture has at length broken down. These illustrations may be taken as the extremes due to imperfect nutrition of the body. But there are many more who live in a condition of damaged health, suffering from nervousness, neuralgia, debility, etc., which are all witnesses of the neglect of those laws of health which govern supply and demand in the animal economy. Many that might rejoice in the noon-day brightness of health live sorrowfully in the twilight of disease, which might be traced, without much difficulty, to the want of judicious care in the nursery. Indeed, here, as elsewhere, our habits and conduct are tested by our children. Doubtless, erroneous views on infant feeding are perpetuated by the strong feelings and weak judgment of an uninformed public. History records that the ancient Britons sacrificed their children by fire to their tutelary deities in wicker baskets. The children of modern Britons are sacrificed to the gods of ignorance and fashion by improper feeding, terminating in consumption and death. Truly, the triumph of the nineteenth century is the prolongation of dying. Death, the consummation of the sacrifice, is obtained in both cases; but the infant, unfortunately, has not the option of choice.

(To be continued.)

* The reports of Mr. Baxendale show that Southport is pre-eminently favoured in this respect, in addition to which it has a fine climate, dry sub-soil (sand), a long foreshore, which tempers the atmosphere, and the surrounding highlands assist in making Southport a valuable sanatorium.

* There is indisputable evidence that between one third and one half of the children born alive die within the first five years of their life, that preventable diseases, such as convulsions, bowel complaints, and inflammatory diseases of the lungs, destroy in England 72,000 children annually. 14½ per cent. die in the first year, and 20 per cent. within two years. The infant mortality of some manufacturing towns is alarming, amounting to 50 per cent. of the births, the average death-rate in healthy districts being about 17½ per cent. The causes that operate in producing such a sacrifice of life are impure air, improper food, defective clothing, uncleanness, and injurious drugging. A knowledge of these causes is the first step to remove such a black spot from our national escutcheon.

CURRENT OPINIONS AND EVENTS.

THE experiment of lighting the new Picton reading-room with the electric light, made by the Liverpool borough authorities, has been favourably reported upon by the borough engineer, who states that the electric light gives greater brilliance than gas at a less cost.

Pintsch's process for lighting railway carriages by gas made from shale oil is gaining in favour. Sufficient gas can be forced into the strong iron cylinders fixed for the purpose beneath the carriages, for a journey from London to Glasgow and back. It is stated that the carriages in use on the Metropolitan railway are to be fitted with the appliances, and also that the sorting vans of the Post Office are to be illuminated by the same process.

Disasters are sometimes useful in their results, and if there is any consolation to be got out of 'a great fraud' upon a public company, the shareholders of the Patent Shaft and Axletree Company have that to comfort them. Cases are continually cropping up in which directors, relying implicitly upon their principal officials, and thinking it beneath their dignity to inquire into the details of business, suddenly wake up to find an official, and generally the most exemplary one too, has been defrauding the shareholders for years.

In nearly all these cases, frauds would not occur, or gross mismanagement be perpetuated, if directors did their duty. The directors of the Patent Shaft and Axletree Company have had to come before their shareholders with the humiliating admission that some £78,000 had been stolen by the cashier, Mr. Coath. It took a loss of £78,000 worth of the shareholders' property to arouse these gentlemen to a sense of the need of a continuous audit! Here, as with other companies, everything looked very nice on the surface; and we can well imagine the indignation of the chairman had any shareholder presumed to question the management, or any part of it. Mr. T. E. Walker, M.P., in presiding (in the absence of his father, the chairman of the board) at a meeting of the shareholders, on Saturday last, made a humiliating statement as to the supervision exercised by the board. He concluded by stating that:

'The books and ledgers were scrupulously kept; in fact, they were the admiration of all who saw them. They had no possible grounds for suspecting the man, and up to the last moment, even after he had absconded, he (the speaker) clung to the hope that they were safe. *The board now saw the necessity of a continuous audit, and recommended the appointment of an auditor for that purpose.*'

Of course, Mr. Walker, M.P. and director, it is easy to be wise after the event: and the stable-door is generally locked when the steed is stolen. Shareholders in public companies cannot be too much on the alert. They should remember that joint-stock enterprise is but too often a genteel method of swindling.

The continued wet weather is adding largely to the depression in agricultural circles. According to the *Economist* of Saturday last the outlook is anything but a pleasant one. Speaking

of the disadvantages under which farmers labour, the writer says:

'A low price for their products and a short return must tell, unfortunately, with great severity on the position of many; but farmers, as a class, are usually careful, steady men, and they will struggle hard against their difficulties. The annual value of corn crops and the potatoes of home growth in the United Kingdom was computed by Mr. Caird in 1878, at prices sufficiently close to those of the present time to be of service as a guide, as being more than £100,000,000. A probable deficiency this year of something like a third part of this means a loss to the country of more than £30,000,000. Though this loss, in the first instance, and in the heaviest degree, falls on the farmers, yet the resulting disadvantages are far from being confined to that class alone. The average price of wheat last year was 46s. 5d., per quarter. The *Gazette* price in the corresponding week to this was 42s. 2d., as compared with 49s. 3d. this year. At a moderate estimate, we may expect to have to pay £15,000,000 or £16,000,000 more for our bread this year than last. We are the poorer by that amount, and by a great deal more, for the deficiency in our harvest is, unhappily, not confined to wheat alone.'

HOUSE AND HOME IN SCOTLAND.

By JAMES BONWICK, Esq., F.R.G.S.

THE wanderer over the moors and hills of North Britain notes the homes of its people. Town dwellings, in these modern days, are pretty much of one type over Europe. But in Scotland they have the merit of massiveness and durability. The rough climate demands a real shelter, and geology helps bravely with stone.

In large cities there, *self-contained* houses, having but one family, are the great exception to the rule. Usually, one central and common stone staircase leads off to successive *flats* or stories. A door on each side of a landing is the entrance to the apartments of an independent family. Such a party may have two, four, six, or more rooms. Thick walls and solid flooring secure a privacy and silence unknown to the unfortunates of an English terrace. In a structure of half-a-dozen *flats* a large population may be stowed away.

Whatever the advantages on the score of cheapness, there are not wanting certain drawbacks in the system. English folks might call the places barracks or prisons, and pity the housewife content with a drying-ground of pole and line suspended from the window over the street below. The jostling on the common stairs of all classes, especially with dirty, shoeless children from an upper *flat*, would ruffle a Southron's temper.

As Lowland Scotch and English are of common origin—in fact, the same people—it has been asked whether that cautious adherence to *public* opinion in the North is not somewhat owing to this community system of dwelling; as the *personal* independence of thought in England, which so arrested the attention of Hugh Miller, is indebted to the isolation of families. In Scotland men swing together in views, with fewer individual crotchets than down South.

The town system appears to a stranger wanting in free ventilation and cleanliness, if not in the proprieties. Children, especially, must be either mewed-up in chambers, or must descend to the fellowship of street-arabs. The want of cleanliness, so conspicuous in Scotland, and some indifference to

decencies among little ones, may be owing to the distant removal of the street from the lofty abodes. Statistics affirm the higher average mortality in Scotch cities over English. Making all allowance for climatic difficulties, not a little of this extra unhealthiness may be ascribed to the *House and Home* question. Whisky in the one country has not much more to answer for than beer in the other in swelling the bills of mortality.

In the country parts of Scotland the houses are generally *self-contained*. Though often solid in framework, they are far inferior to English ones in comforts. The walls are mean and bare. The floors are rough, and often dirty. The windows are very small and inconvenient. The ceilings are miserably low. If there be an upper-room, it is often of a rude and dwarfish attic character, suggestive of a stifling atmosphere at night. Many country dwellings are of one room, with a little *lean-to*. A recess in the first contains a bed after the fashion of a ship's bunk, and the children may be stowed in the shed to the rear. Quite unlike what is seen in an English village, gardens are rare.

But hygiene conditions, sadly wanting in English country homes, are even worse in Scotland. The lack of provision for certain decencies and proprieties strikes the visitor. All over Europe our countrymen are esteemed a deal too fastidious in this respect, though of such importance to health. The habit, too, of casting offal and dirt on the dung-heap just in front of the very doorway can hardly be commended.

Climate is a terrible foe to the hygienic in the North. Inclement weather drives people to close quarters, and compels some indifference to bad airs. When the writer was led through a cow-shed to the parlour of a Caithness farm-house, he appreciated the stern necessities of a rigorous climate. The cows spend their winter indoors, and diffuse their warmth through the family apartments in the *same* dwelling, and one entrance does for all. Along with the warmth, there was a decided flavour of ammonia, and the abstraction of oxygen by the cows does not improve the atmosphere for the family. In no part of Europe, excepting Holland, does consumption play such havoc as in Scotland. Still, those who would complain of *House and Home* there should remember the exigencies of climate and poverty.



DRESS AND HOME.

BY REV. CHARLES H. COLLYNS, M.A.

WE have spoken of the home feeling, and of the great need there is to cherish that feeling. Home has many enemies, which eat into its sweet life. Amongst these are extravagance and wantonness of living. Many a home has been shipwrecked, and its gentle influences drowned or broken to pieces, by extravagant living. Now, amongst the various forms in which this spirit of extravagance clothes itself, the love of dress is one of the commonest. There is no moral or religious law against seemly dress; nay, against artistic dress. Nature, in all her various shapes, dresses herself with exquisite taste and beauty, and does not disdain the bright blending of gayest colours. If, however, our young girls and our matrons, aye, and our young men, too (for we have no desire to exempt the male sex), never passed beyond the teaching of Nature, even that of her

gayest examples, we should have no reason to complain. But what a waste of money given for holier and higher purposes when my lady sits down at the head of her table in a dress for which she has paid, or will have to pay, eighty or a hundred guineas to her milliner! This might be all very well, or at least pardonable, if the dress, as happened with our great-grandmothers, was intended to last for life, and to be handed down, perchance, at death; but this dear dress is only one of many. No fair dame can be seen often in the same dress. We remember hearing in Paris of four dresses a day at Compiègne in the days of the Second Empire. Still, it may be argued, this about which you are talking applies only to the rich, the very rich. We answer, that if it does, none the less it proves the canker-worm of wanton living in the higher classes of society, which we have no reason to think will be less destructive in England than it was in ancient Rome. But the fact is, that this kind of extravagance is in no way confined to the upper classes. Some, indeed, of these classes are simpler in attire than those beneath them. Often may you see a small tradesman's wife carrying upon her back an amount of cash which would make her home far different from what it is. Go to that home, and you will have a slatternly, dirty girl of all work greet you at the door; and perhaps the mistress herself will be untidy and unready, and the house far from what it should be. So much—shall we not say sometimes all?—is sacrificed to the afternoon or evening or Sunday dress. And thus downwards this poison travels from the head to the lower limbs of society. The squire's wife copies the duchess; the professional man's and trader's wives ape the squire's; the parson's daughters cannot be behindhand. My lady's maid leads off the dance below stairs. The nursery-maid, the housemaid, and the cook and the factory girl follow suit, until the thing becomes a very plague; whilst men with moderate incomes, and working-men, instead of finding useful, wholesome partners of their smaller, but what should not be their less dainty, homes, are made miserable in the wretched keeping of their houses, and too often find a bill at the draper's in addition. And out of this state of things grow not only unthriftiness and laggard ways with wives who are no wives, and cannot keep house, but there boileth up also discord, and out of discord come strife and weariness of soul. I never see a large church full of people on a Sunday, especially if it be in a place where I know the folk and their many belongings, without thinking how much of home comfort is sacrificed to the love of dress and external adornment of the outer person. It may not be literally, but it is in spirit, the cry of the old proverb, 'Silk and satins abroad, and no fire at home.' Of a truth, the apostle's warning, which the Church of England has incorporated into her marriage service, has its present meaning: 'Let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel.' Young men, if you look for homes when you marry, do not marry *dressy* girls! Young women, if you desire to have homes, beware of *fops*! There is no home where thought and inward force of spirit are not; and these last you cannot have, when all the strength which there is, not to say the money too, has been expended on the cut of the gown and the *trim* and the *turn* of the bonnet. The home spirit is essentially opposed to that which is *garish* and extravagant. Its resting-place is amongst subdued colours, and in the quiet shade where the burn-

ing heat is tempered by the overhanging tree. Display and extravagance of outward show kill it. It cannot bear their fierce light and their strong air. Yet, as we have already hinted, there is in this teaching of ours no unnecessary or undue decrying of taste and fit adornment, for most certain is it in this, as in all things, that truth hangeth together, consistent and fair in all its parts, symmetrical in all its portions. Women who with true taste avoid extravagance of outward show, and garish external adornment, will not only save their money for better things, and adorn and deck their houses instead of their persons, and make unto themselves *homes* instead of mere dwelling-sheds, and build up sweet and pleasant welcoming-places for their husbands, and resting-spots in which their children's memories shall take refuge in days to come, when they themselves are gone, but they shall find also real beauty, true form, in simple attire, and well-chosen, well-arranged dress, for so it is, that only the thing which is true is beautiful, and thus, not seeking outward beauty for itself, but as part of truth and of true living, they will find it, even outward beauty also. The well-assorted mind of the good wife, be she rich or be she poor, will bear witness, in home and in person, to that which is within.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(*The Editor is not responsible for the views of Correspondents.*)

QUEEN'S PARK ESTATE.—PROPOSED FLOWER SHOW.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

I was pleased to notice in your last issue a letter advocating a flower show on the Queen's Park Estate next year. Having been over the estate a short time ago, I was very much struck with the little gardens in front of the houses, and it occurred to me then that a flower show ought to be set on foot for the encouragement of the tenants who managed their little gardens so admirably. Most gladly would I subscribe towards so desirable an object.—Yours faithfully,

September 1st, 1879.

JAMES MACDOUGALL.

BOOKS AND PUBLICATIONS.

Fragments of Thought: being Wayside Notes and Fireside Scraps, by Thomas Bowden Green. London: Henry S. King and Co. This handsome volume, dedicated by permission to the Poet Laureate, consists of seven hundred and seven paragraphs, each constituting a 'Fragment.' Mr. Green says in his preface, 'as these fragments have been a pleasure to myself whilst writing them, so I trust they may be a pleasure to others who read them;' and we believe the desire will be realised. The volume is suggestive in the best sense. It is just the book to take up when a healthy stimulus of the mind is required. As it is best that the book should speak for itself, we make the following selections:

'1. Readers, not only read, but think! Thinkers, not only think, but write! Writers, not only write, but act!'

'8. Never believe evil rumours or reports; wait till you are *certain* they are correct, and even then do not circulate them: they are generally so exaggerated that in their entirety they are not true, however true various particulars may be. The safest plan therefore is:

'Still believe that story wrong,
Which *ought* not to be true.'

'9. Some people can look their poverty in the face and smile at it; others dare not look their *fortune* in the face, they are so ashamed of it!'

'147. Men are oftentimes stronger after a severe struggle than they were before—mentally, I mean, not physically.'

We shall frequently resort to these excellent fragments for our 'Gems of Thought' column.

The Foot and its Covering, comprising a full translation of Dr. Camper's Work on 'The Best Form of Shoe,' by James Dowie, Second Edition. London: Hardwicke. Mr. Dowie is a man of considerable courage. He enters upon a crusade against modern boots and shoes, and places himself in direct antagonism to two of the strongest forces in society, fashion and trade. But the evil he attacks is so general, that it is the exception to meet with an adult whose foot has not been structurally injured by the bootmaker. The universality of the disease ought to make the 'public, suffering much in its feet,' as Mr. Carlyle quaintly expresses it in a testimonial addressed to Mr. Dowie, grateful to the author for devising a boot in accordance with the anatomical structure of the foot. The book contains a mass of useful information upon the subject not to be found anywhere else, and the testimonials appended to it are an evidence that Mr. Dowie's boots (now made by Messrs. Dowie and Marshall, of 445, Strand) are appreciated and patronised by some of the most eminent scientists and distinguished personages in the land.

The Ethics of Urban Leaseholds, reprinted from the *British Quarterly Review*. London: Hodder and Stoughton. The author of this valuable paper did well to issue it in a separate form, for it deserves a wide circulation. Its title, 'Urban Leaseholds,' hardly gives an idea of the range of topics it discusses. There can be no doubt but that the system of leaseholds in London operates against the occupier and tends to degrade the character of the house itself. The house accommodation of London, the dwellings of the poor, the Artizans' Dwellings Acts, improved dwellings of Lady Coutts, Sir S. Waterlow, and the Peabody Trustees, are among the topics incidentally discussed by the author, who makes the following sensible remarks about the size of rooms in workmen's dwellings or houses:

'Ordinary day rooms should be sixteen feet at least from wall to wall. The fire-place and fender, dining-table, with a chair on either side, and room for comfortable movement, make this space imperative. A plan of "an American cheap cottage," lately published, shows a "living-room" sixteen feet by eighteen, with a kitchen nearly half this size adjoining. All quite proper, natural, and freehold. In model lodgings movement is impossible, and there are only "sitting-rooms." The sleeping-room will just contain the bed, perhaps, but not by any means the necessary air. The lodging-house societies mean well, and have done partial good; their efforts, so far, are deserving of the public thanks.'

This point is one of considerable importance as affecting workmen's dwellings, and it should have the attention of those responsible for the management of the Societies and Companies existing for their erection.

Alcohol at the Bar. London: G. W. Bacon and Co., 127, Strand. This little volume is a handy compilation of the chief facts and opinions respecting alcohol. It may be read with equal benefit by abstainers and non-abstainers. We recently quoted from its pages in an article on habitual drunkenness.

Fifty Years Ago: or Erin's Temperance Jubilee, by F. Sherlock. London: W. Tweedie, and Co.; Belfast: W. E. Mayne. Mr. Sherlock was the right man to undertake a popular jubilee volume for general circulation. He has been aided by an able staff of contributors, several of whom have been identified with the movement for half a century; and their articles, as Mr. Sherlock states in his introduction, are 'not only of special interest just now, but of no mean historic value.' The little volume, issued at one shilling, should be read by abstainers desiring information on the beginnings and development of the temperance reform in the sister island.

RECEIVED.

The Sunday Review (the quarterly organ of the Sunday Society). *The Dietetic Reformer* (the organ of the Vegetarian Society)—contains, as usual, a mass of valuable matter on diet. *Social Notes*—a weekly, edited under the direction of the Marquis Townshend, maintains its well-earned position. *The Church of England Temperance Chronicle*—should be read by all interested in temperance and church work. *The Temperance Journal*—an improving penny weekly, giving occasional portraits. The journal is very readable, and contains much to interest the family circle. The issue for August the 23rd contains the portrait of the well-known and successful platform advocate of the movement, Mr. Thomas Bouffler.

CURE FOR CONSUMPTION.—We do not concur in the recommendation of Dr. R. D'Unger, as given in a paragraph which we inadvertently inserted last week. In our opinion rye whisky is a vile compound, and we believe it would be about the most pernicious drug that could be administered, either in consumption or in any other disease.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

—Elegies,

And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.'

Tennyson.

Man's nature is indefeasibly divine; let us hold fast what is most important of all faiths, the faith in ourselves.—*Carlyle*.

Would'st make thy life go fair and square,
Thou must not for the past feel care;
Whatever thy loss, thou must not mourn;
Must ever act as if new-born;
What each day wants of thee, that ask;
What each day tells thee, that make thy task;
With pride thine own performance viewing,
With heart to admire another's doing;
Above all, hate no human being;
And all the future leave to the All-Seeing.

A. W. Stevens.

It would not be easy, even for an unbeliever, to find a better translation of the rule of virtue from the abstract into the concrete, than to endeavour so to live that Christ would approve our life.—*John Stuart Mill*.

The proper study of mankind is man.—*Pope*.

Be good, do good, fear nothing, worship nothing.—*Anon.*

An ounce of mother is worth a pound of clergy.—*Spanish Proverb*.

Nothing is worse than prejudice; nothing preferable to experience.—*Theognis*.

Some in their sorrow may not know
How near their feet those waters glide,
How peaceful fruits of healing grow,
And flowers of beauty by their side;
They may not see with weeping eyes
Upon the dreary desert bent,
How glorious, straight before them, lies
The Eden of their soul's content.

Miss A. L. Waring.

Rich and poor live in like abundance—the former in wealth, and the latter in hope.—*Koxlay*.

Characters never change. Opinions alter; characters are only developed.—*Disraeli*.

We watched her breathing through the night,
Her breathing soft and low,
As in her breast the wave of life
Kept heaving to and fro.

So silently we seemed to speak,
So slowly moved about,
As we had lent her half our powers,
To eke her living out.

Our very hopes belied our fears,
Our fears our hopes belied—
We thought her dying when she slept,
And sleeping when she died.

For when the morn came dim and sad,
And chill with early showers,
Her quiet eyelids closed—she had
Another morn than ours.

Hood.

Men are often capable of greater things than they perform. They are sent into the world with bills of credit, and seldom draw to their full extent.—*Horace Walpole*.

The injury of prodigality leads to this: that he that will not economise will have to agonise.—*Chinese Proverb*.

THE HOUSEWIFE'S CORNER.

A RAMAKIN.

Take an equal quantity of Cheshire and Gloucester cheese, beat it fine with some fresh butter (two ounces to half a pound of cheese), then add the crumb of white bread soaked in cream, three well-beaten yolks of eggs and one white, stir all together, and bake it in the dish you intend to serve it in a quarter of an hour in a moderate oven.

TO PICKLE ONIONS.

In the month of September choose the smallest white round onions; scald them, to take off the brown skin; have ready a very clean stewpan of boiling milk and water; throw in as many onions as will cover the top. As soon as they look clear on the outside, take them up as quick as possible with a slice, and lay them on a cloth; cover them close with another, and scald some more, and so on. Let them lie till cold; then put them in a jar, or wide-mouthed glass-bottles, and pour over them the best vinegar, just hot, but not boiling. When cold, cover them.

MUSHROOM DUMPLING.

Line a basin with paste; put in some sliced mushrooms, some bread crumbs, a piece of beet, some pepper, salt, and a little water; cover with paste, and boil for one hour and a half. It is also very good baked.

BOILED GROUND-RICE PUDDING.

Set a pint and a half of new milk on the fire. Mix six ounces of ground-rice, quite smooth, with half a pint of cold milk; add this to the other milk when nearly boiling, and stir it over the fire till pretty thick; then pour it into a basin, leaving it uncovered till nearly cold. Sweeten it to the taste, add a little salt, and six eggs well beaten, and boil it an hour and a half in a basin well buttered.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
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A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

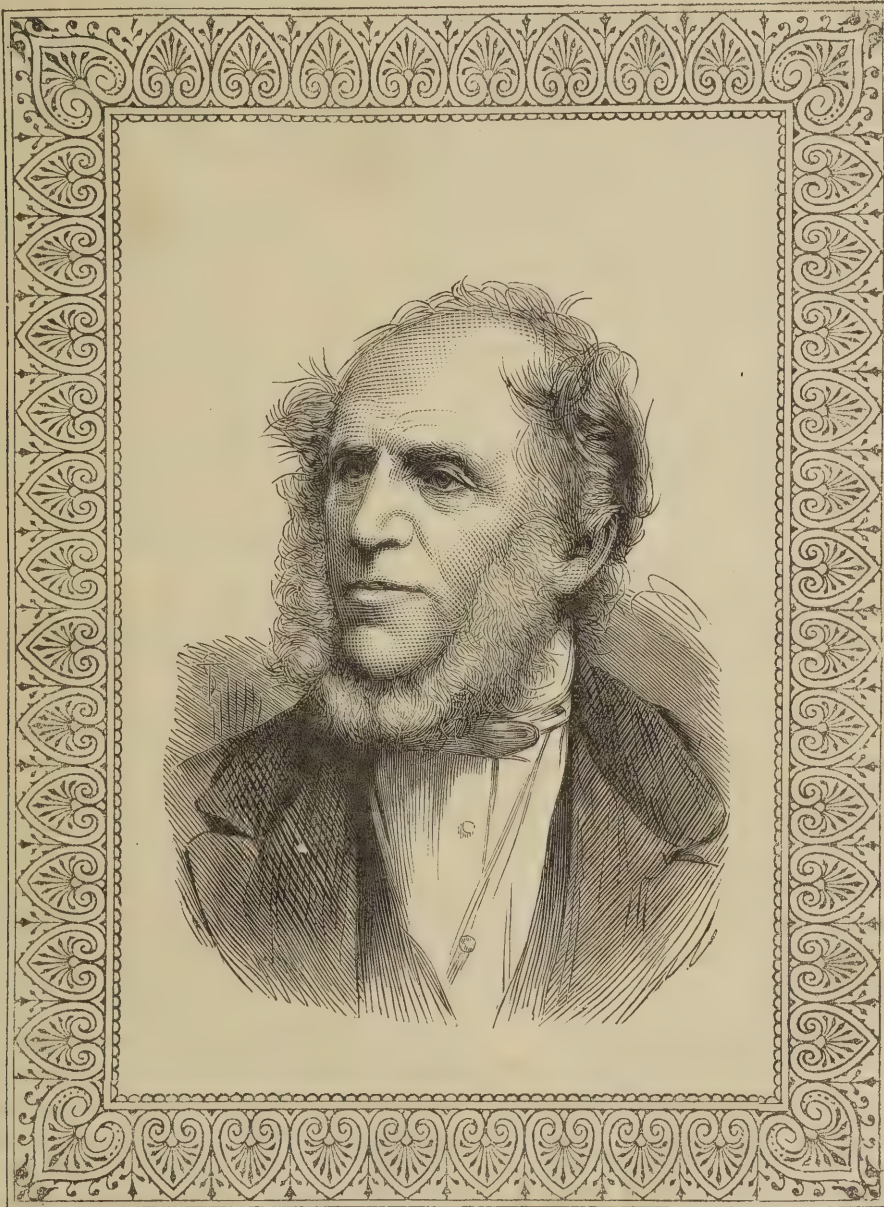
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

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SATURDAY, SEPTEMBER 13TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE REV. DR. BAYLEY.

[PRESIDENT OF THE SWEDENBORGIAN CONFERENCE.]

RECOMMENDATIONS
FOR THE CONSTRUCTION OF IMPROVED DWELLINGS: HYGIENE
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMY
ENGLISHMAN'S HOUSE IS HIS CASTLE: THERE IS NO

SEPT. 13
1879

THE REV. DR. BAYLI
OF THE SWANBORO' COLLEGE

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: SEPTEMBER 13th, 1879.

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THE REV. JONATHAN BAYLEY, A.M., PH.D.

DR. BAYLEY is well known outside the circle of the Swedenborgian or New Church, of the Conference of which he is president, having been elected to that honourable post six consecutive times. This is an evidence of the high esteem in which he is held in the Connection of which he is reported to be the most popular preacher.

Dr. Bayley was born in 1810, in Salford, and in 1834 he took his first ministerial charge at Accrington, in Lancashire, where he remained twenty years. Under his ministrations the Accrington Society progressed and became one of the largest and most influential congregations of the community.

Dr. Bayley then accepted an invitation from the church in Arygle Square, King's Cross, London, where he laboured for eighteen years. Here the increase of the congregation rendered it necessary to enlarge the church.

The church in Palace Gardens, Kensington, having been presented to the Conference by a munificent donor, it fell on Dr. Bayley to undertake the organisation of a new society or church. The society is in a very prosperous state, the congregation being both large and influential.

Dr. Bayley has never neglected the physical and social condition of the people among whom he has laboured. For forty years or more he has been a teacher of hygiene; and he has been ready to lend a helping hand to popular movements aiming at the well-being of the people. With this disposition it is not surprising to find him one of the very earliest of Lancashire preachers to become identified with the temperance movement. Of this movement he was a very popular advocate, and his labours as such were not confined to Accrington.

We find that as early as May 17th, 1837, he appeared as a public disputant on the temperance platform. He then met in

discussion at Blackburn a Mr. Samuel Marsden, of Pleasington, a publican. From the report of the proceedings published at the *Gazette* office, Blackburn, and extending to 104 pages, we find that Dr. Bayley anticipated many of the positions taken by the temperance advocates of to-day. Speaking of the teaching of his opponent, Dr. Bayley said:

'He has told you that the poor man must have something to support him under heavy labour—that he must have something to rouse him up, like the spur to the jaded horse. Now I object *in toto* to this doctrine of over-working the powers of the body, and then exciting its energies by the sting of inflaming drink. The body can be sufficiently sustained by the natural succour of proper food and rest; if it be pressed to an extent beyond what these will bear, the labour should be lightened—the pressure should be taken off, or the machine will rapidly be ruined. Do we call him rational who works his engine to double its power, and quickly breaks it down? Is he reasonable who raises his steam and weighs his boiler until he bursts it? Yet just as judicious is it to weigh down the human frame with labour, and then raise it again with that which stimulates and strains but does not strengthen. Why, in Turkey they take opium, for the same purpose, and in Germany they chew arsenic; but who will dare to say that either opium or arsenic is good as a common food or beverage? Yet it is just the same with alcohol. If we see the Turks persevering in the destructive use of opium, if we see the Germans chewing arsenic and lament their ignorance, shall we look upon the drunkard with apathy or content, because he thinks the drunkard's drink is good?—shall we see him persevering in the use of poison without endeavouring to wean him from the folly and wickedness of his course?

'This is the argument used by teetotallers—an argument founded upon reason, and blessed by the Eternal to the benefit of mankind at large.'

It has been customary with Dr. Bayley to employ his church on week-night evenings for the delivery of courses of lectures, and these have been principally devoted to the improvement of the physical condition of the people. In these lectures he has discussed, in a pleasing and popular manner, 'Physiology,' 'Diet,' 'Health,' 'Sanitary Science,' 'The Laws of Life,' and also a variety of topics within the range of sociology.

Dr. Bayley, besides being a constant contributor to periodical literature, has published rather extensively, and some of his works have commanded a wide sale. Amongst his religious works are 'Brighton Lectures,' 'The Divine Word Opened,' 'From Egypt to Canaan,' 'Scripture Paradoxes,' 'The Divine Wisdom,' 'Discourses on "Essays and Reviews."'

THE LATE SIR ROWLAND HILL AND FURTHER POSTAL REFORM.

THE penny post, conceded to the British people in 1840 as a result of the labours of Rowland Hill, has been fraught with untold benefit to all classes. The passing away of its author has raised the question of further reforms; and we hope improvements will be effected of such a character as to bring the Postal Department in harmony with the requirements of the time. This is a question deeply and closely affecting house and home, both at home and abroad.

It was obvious, from the eminent services he had rendered,

that there was only one resting place for the mortal remains of Sir Rowland Hill; and consequently, it was no surprise to any one when it was announced that the Dean of Westminster had offered the family a grave in Westminster Abbey, and that that offer had been accepted.

Comment has been made upon the paucity of attendance of distinguished personages at the funeral on Thursday last; but this may be accounted for by their absence from London at this season of the year. It can hardly be that the great benefits conferred by the postal reforms initiated and successfully carried into practice by Sir Rowland Hill are not remembered by the present generation. The public attended the funeral in great numbers.

The nave of the Abbey was filled as soon as the doors were thrown open. In the Jerusalem chamber Mr. Frederic Hill received many friends who came to show their respect to his brother's memory. There were also present of the family of the deceased Mr. Albert Hill, Mr. Rowland D. Hill, Mr. Lewin Hill, Mr. Maurice Hill, Dr. Morell Mackenzie, and Mr. Alfred Mackenzie. Besides these members of the family, there were present Earl Beauchamp, representing the Queen, Earl Granville, Lord Truro, the Lord Mayor, the Hon. Spencer Littelton, the Right Hon. C. P. Villiers, Mr. Edwin Chadwick, C.B., the Astronomer-Royal (Sir G. Airy), Mr. C. Hutton Gregory, C.M.G., Gen. Sir. Geo. Balfour, K.C.B., M.P., Mr. Page and Mr. Benthall, assistant secretaries of the Post Office; Mr. Macdonald, Superintendent of the Money Order system in the United States; Sir Charles Nicholson, Sir Arthur Blyth, K.C.B., Sir Henry Cole, K.C.B., Mr. W. Newmarch, F.R.S., Mr. W. Stebbing, Mr. Commissioner Kerr, Mr. Spalding, Professor Flower, F.R.S., Dr. George Buchanan, Mr. James Heywood, F.R.S., Sir T. Howell, Captain Douglas Galton; Mr. Welby, of the Treasury; Dr. Pett, Mr. W. F. Gush, the Town Clerk of London (Mr. Monckton), Sir John Bennett, etc., etc. Letters were received from Mr. Gladstone, Lord Carnarvon, Sir Stafford Northcote, Lord Northbrook, Cardinal Manning, and many others.

The pall-bearers were Mr. M'Cullagh Torrens, M.P., Mr. James Heywood, F.R.S., Sir George Airy, and the Lord Mayor, on the one side; Mr. C. H. Gregory, Mr. Edwin Chadwick, C.B., Mr. Page, and the Right Hon. C. P. Villiers on the other.

The spot chosen for the interment of Sir Rowland Hill is within St. Paul's Chapel, which is parted from the church by an ancient stone screen. A narrow archway admitted the clergy and a few of the mourners. The rest stood outside.

At the foot of the statue of Sir James Watt, whose labours conduced so much to cheapening conveyance, Sir Rowland Hill was laid.

The coffin of polished oak, with brass-plate and brass-furniture, with wreaths arrayed on it in the form of a cross, was exposed to view for a short time only. The inscription on the brass-plate is 'Sir Rowland Hill, K.C.B., D.C.L., F.R.S., F.R.A.S., born December 3, 1795, died August 27, 1879.'

On Sunday afternoon last, the Rev. Canon Duckworth (who officiated at the funeral) preached a memorial sermon in Westminster Abbey. The seats were well filled and many worshippers remained standing. The preacher took as his text the first verse of the sixth chapter of the Hebrews—'Let us go on to perfection;' and in the course of his sermon, he said:

'The blessing immortally associated with the name of Rowland Hill was not the fruit of a casual happy thought. It was the achievement of a nature that had been right nobly trained. It emanated from a home conspicuous for plain living and original thinking, where not only was each member of the family taught to make the well-being of the rest his chief concern, but to form a high ideal of his life's work, to look beyond the little sphere of kindred and to fit himself to do something outside in the great world for the comfort and happiness of his fellow men. Of the brothers so wisely brought up, the eldest has left behind him an honoured name, as a leading philanthropist of our time and the foremost reformer of our prison discipline. The third, just taken from us, by working out the simple and peaceful idea which took possession of his powerful mind, reformed our postal system, and thus, more, perhaps, than any single individual we could name, affected for good the public and private life of the modern world. I repeat, it was not by a bold guess or by a lucky pamphlet that so great a feat was accomplished. We owe it to an intellect gifted with rare powers of organisation and foresight, and matured by long and laborious exercise. We owe it to a heart overflowing with fine sympathies, and ardently set from early days on adding to the sum of human happiness. Let a man endowed and trained like Rowland Hill take his place in the working of any system whatever, and he will inevitably leave his mark upon it for good. He will never sit still and acquiesce in defects and abuses of which he sees the removal to be possible. In the might of an enthusiasm tempered by calm discretion and guided by sound knowledge, he will be irresistible. Weaker wills and weaker intellects will bow before him as he insists on going on unto perfection. It has not been given to many of the world's benefactors to witness, as he has done, through the latter half of a life prolonged far beyond the common span, the fruits of precious labour. It is the fate of most who bless mankind to die in faith, like the worthies of the elder world, only seeing afar off the promise of the good thing they toiled for. But here is one who has been spared for forty years from the date of his exploit, to see all his opponents convinced, all his hopes realised, all his calculations verified, all his predictions more than fulfilled. And now, in the fulness of age and the plenitude of honour, he has gone to his rest, and what is mortal of him has been brought here to mingle with the dust of England's noblest sons. His grave in yonder chapel, under the shadow of a kindred benefactor, the genius whose discoveries paved the way for his work, and blend inseparably with it, will perpetuate the remembrance of a boon for which, in their sorrows and their joys, indeed at every turn of their busy lives, Englishmen of every class have to thank his far-seeing wisdom, his feeling heart, and his indomitable will. The lesson of such a career is surely a bright and inspiring one. Few indeed can hope to benefit the world on a similar scale; none of us may have either the power or the chance to put our neighbours under equal obligation; but the spirit of that useful and successful life may be caught by us all. It is the spirit of progress, it is the thirst for perfection, which, I have already said, is the very essence of Christianity.'

By a curious coincidence, the *London Gazette* of Friday last, contained an order by the Postmaster General, relating to the payment of Post-Office Money-Orders presented through bankers. The order is one of great importance, as by it Post Office Orders are rendered much more negotiable. It runs as follows:

'1. Any money-order made payable to any person or persons whomsoever at a post-office in any city, town, or place within the United Kingdom, may be presented for payment by or through any banker or bankers, either at such post-office at which the same is made payable, or at the chief money-order office in London, notwithstanding that the form of receipt on such money-order may not bear any signature purporting to be the signature of the person or persons to whom such money-order is made payable, provided that the name of the banker or bankers by or through whom such money-order is presented for payment be written or stamped upon the face thereof, and the name of such banker or bankers so written or stamped as aforesaid, shall be accepted at such post-office or chief money-order office as a sufficient receipt for the amount of such money-order. 2. In all cases where a money-order is presented, in manner aforesaid, for payment at the chief money-order office in London, by or through any banker or bankers having an account at the Bank of England, payment of such money-order may be forthwith made by means of a transfer of the amount of such money-order from the account of Her Majesty's Postmaster-General at the Bank of England to the account at the same bank of such banker or bankers by or through whom such money-order is presented for payment as aforesaid; but [such payment shall nevertheless be subject to the subsequent verification

of such money-order, and shall be made upon the express condition that if, upon examination, it shall appear to Her Majesty's Postmaster-General that payment of the amount or any part of the amount of such money-order has been incorrectly or improperly made or allowed to such banker or bankers as aforesaid, the amount so incorrectly or improperly paid or allowed may be deducted by Her Majesty's Postmaster-General from any moneys which may thereafter become payable to such banker or bankers, for or on account or in respect of any post-office money-orders. 3. In every case where payment is made under the foregoing regulations of any money-order so presented for payment by or through a banker or bankers in manner aforesaid, such money-order, and all liability to pay the same, shall be absolutely and to all intents and for all purposes discharged by such payment, notwithstanding any fraud, error, mistake, or loss which may have been committed or have occurred in reference to such money-order, or the procuring or obtaining the payment thereof. 4. These regulations shall come into operation on the 1st day of September, 1879, and thereupon and thenceforth the regulations bearing date the 7th day of April, 1848, shall cease and be discontinued.'

We hope this concession is but the precursor of other extensive reforms. Already advocates of postal improvements have appeared. Sir John Bennett is busy advocating an inland farthing post, and the redoubtable knight argues that at such a rate the department would be remunerative.

Professor W. H. Flower, of the Royal College of Surgeons, makes some valuable suggestions in the *Times* of Monday last. The professor directs attention to the anomalies existing in the various rates charged for letter, sample, and book-packets of the same weight. Mr. Flower's proposals are so practical that we scarcely see how they can be resisted. If followed up, they ought to be adopted at no distant period. In his letter Mr. Flower says:

'It is extremely difficult for any one approaching the subject without any prepossessions or prejudice to understand upon what principle an inland letter of four ounces should be charged twopence, while printed matter of the same weight can be transmitted for half that sum, or why for a letter weighing 12 ounces we must pay 1s., while for a book of the same weight the charge is only 3d. The expenses of collecting, carriage, and delivery must surely be the same in either case. Again, why should a letter sent to any of the foreign States of the postal union be paid for, especially if a little over the usual weight, at such a greatly higher rate than any kind of printed matter, the charges for a weight of four ounces, for instance, being twenty pence and two pence respectively?

'It happened lately to a friend of mine to have to pay a very heavy charge on a book sent to him by post, in which the sender (a high dignitary of the Church) had inadvertently placed a letter, whereas if the book and the letter had been carried separately, and had thereby given more trouble to the Post Office officials in sorting, stamping, and delivering, the charge would have been comparatively trifling. Surely this ought to be a demonstration of the absurdity of the present system!

'The real reform now wanted is the introduction of a uniform rate by weight for all objects conveyed by the post, whether letters, books, patterns, samples, or parcels of any kind, prohibiting, of course, as at present, such as are injurious or otherwise undesirable, but without any restrictions as to modes of fastening, as leaving open the ends of book packets, etc. It is obvious that such a change would greatly simplify the difficulties of the public, now continually puzzled about the various special rates, immensely lighten the labours of the Post Office officials, and take away all existing temptations to enclose letters in books or packages, or otherwise evade some of the present complicated regulations. In fact, by such a system alone could a parcel post be possible. It stands to reason that the rate, whatever it may be, at which one kind of package can be conveyed remuneratively by the same machinery must be applicable to all.'

COUNTING IN THE KORAK LANGUAGE.

THE Koraks are natives of Siberia. Their language is not the most beautiful or the easiest in the world, and their method of counting would seem very difficult to even the best of our little arithmetic scholars. Thus the Koraks count from one—innen—to five—milligen—in simple numbers; then they say five—one—innen-milligen—five-two, and so on to ten, which is meenye-geet k'hin. After ten they count ten-one, ten-two, etc., up to fifteen, and then ten five-one and so on. But when they get above twenty, says Mr. Kennan, who has written a very interesting book called 'Tent-Life in Siberia,' their numerals become so hopelessly complicated that it would be easier to carry about a pocketful of stones and count them than to pronounce the Korak words. Fifty-six, for instance, is Nee-akh-kheep-kin-meenye-geet-k'hin-par-ol-innen-milligen. And it is only fifty-six after it is all pronounced. Fancy how long a time and how many syllables would be necessary to enable a Korak boy or girl to 'say his table,' or recite 'twelve times twelve.'

IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

We shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

SIR SYDNEY H. WATERLOW ON IMPROVED DWELLINGS AND THE WATER SUPPLY OF THE EAST END OF LONDON.

THE following letter has been addressed to the President of the Local Government Board by Sir Sydney H. Waterlow, Bart., M.P.:

'The Improved Industrial Dwellings Company (Limited),
34, Finsbury Circus, E.C., Sept. 5.

'Sir,—On the 8th of August you replied to a question in the House of Commons with reference to the insufficiency of the water supply in the East London Water Company district. As reported in the *Standard* of the 9th August, you stated you had been informed "That it was not the fact that complaint had been made by or on behalf of the poor people at the East End of London; but a complaint had recently been made by the Improved Industrial Dwellings Company that certain buildings for the poorer classes were not adequately supplied with water; that the water company contended that the supply was actually in excess of the Parliamentary obligation under which the company lay; and they alleged that the Industrial Dwellings Company had declined to make arrangements suitable for the reception of the water." As your reply appeared to be given upon information obtained from the East London Water Company, I caused an inquiry to be addressed to that company, asking that they would furnish dates and particulars of the Improved Industrial Dwellings Company declining to make arrangements suitable for the reception of the water. The directors of the East London Water Company have, however, failed to comply with the request made to them, but have forwarded a copy of a memorandum sent to Colonel Bolton as a reply to Sir John Lubbock's question. By this it appears that the water company admits that the "complaints made with respect to the supply of water to the poor are from the owners of large blocks erected by the Industrial Dwellings Company, and others of the same character; but allege that the companies erecting these buildings have arranged for their supplies being delivered at heights beyond the Parliamentary enactment, and that these companies are not found ready to meet any suggestion made by the water company for alterations to meet the respective cases." So far as relates to the Improved Industrial Dwellings Company, of which I am chairman, I feel it to be my duty to give the most unqualified denial to the assertion made by the East London Water Company. It is true that some years ago, when my company commenced operations in the East London district, we did, in a few instances, place our cisterns at a greater height than forty feet, assuming that no more difficulty would be experienced in obtaining a proper supply of water in that district than was experienced in any other; but finding that the East London Water Company was either unwilling or unable to supply at that altitude, and also that they were protected by their Act obtained in the year 1852, we have, in subsequent erections, at very great inconvenience, and at considerable extra cost, placed our cisterns within forty feet; but even at this height, the water com-

pany has failed to give a satisfactory supply, and our complaints are in respect of the non-supply to these cisterns, as well as to those above forty feet. These complaints are not, however, of to-day, nor of yesterday, but have extended over a number of years; and it was only when we found all other means fail, and the cry for water of about three thousand poor persons in our buildings alone could not be satisfied, that it was resolved to bring the matter under the notice of Parliament. For four or five weeks in January and February last the company wholly failed to deliver water at some of our buildings, although the cisterns are within the required height; and we have had to claim from the company the cost of employing men to carry water to supply the urgent necessities of the tenants.

'The Improved Industrial Dwellings Company do not stand alone in this difficulty, others having equal cause of complaint against the East London Water Company.

'My company are at all times sincerely desirous of adopting any suggestions which will be for the benefit of their tenants; but experience shows that the suggestions made by the East London Water Company are of little or no value, as frequently the tenants fail to get water at a height of ten or fifteen feet. I can only say that, having about three thousand dwellings for the poorer classes, erected in all parts of London, we have never during a period of sixteen years had to complain of insufficient supply on the part of any company other than the East London, and it does seem to me to be a standing reproach that a company having the monopoly of the first necessary of life to nearly a million of people, should in these days have the power to refuse a supply of water beyond a height of forty feet, and that they should so conduct their operations as to be unable for several days together to give, as was recently the case, more than the most meagre supply, even at that low elevation.

'The extraordinary privilege of delivering water at such a low altitude, according to the East London Company, does not appear to be possessed by any other water company, and it is one which must not only affect the well-being of the occupiers in the East of London, but must exercise a most restrictive influence on the value of land and the development of general enterprise in that extensive quarter of the metropolis. What is done by some of the other water companies in the metropolis is perhaps the best illustration of what ought in fairness to be done by the East London Water Company, if that company is to remain in the enjoyment of the monopoly of supplying water to the poorest district in London, water being delivered to our buildings by companies supplying districts much more elevated than the East London district, at the following heights above the level of the pavement, viz. :—New River Company, 73ft.; Chelsea Company, 74ft.; Grand Junction Company, 70ft.; Southwark and Vauxhall Company, 55ft.; Kent Company, 55ft.

'Trusting that the great importance of an improved and continuous water supply for London, especially in the poorer districts, will be accepted as a sufficient excuse for troubling you with this communication.

'I have the honour to be, Sir, your obedient servant,
(Signed) 'SYDNEY H. WATERLOW.

'To the Right Hon. G. Sclater Booth, M.P., President of
the Local Government Board, Whitehall.'



HYGIENE.

SANITARY CONDITION OF DWELLINGS.

NOTWITHSTANDING the frequency of the warnings which have been given through the press and other channels regarding the danger of not properly disposing of house waste, many house-keepers continue to utterly neglect all precautions, and kitchen drains and cesspools send forth their poisonous emanations,

and fevers and death result. During last summer, cases of fever, resulting from defective house-drainage, were uncommonly numerous in cities and country towns; hotels and boarding-houses at the seaside, and other places of public resort during the summer months, have been changed into pest houses by the poisonous action of exposed filth and bad drainage. So much suffering has been experienced in these boarding-houses, we incline to the opinion that hereafter the inquiries made by parties from the city regarding them will be directed toward the sink drains, rather than toward corner rooms, luxurious furniture, or rich food. If farmers and boarding-house keepers are wise, they will give prompt attention to matters of cleanliness outside as well as inside their dwellings. The matter of kitchen drains is far too little thought of among all classes in the country. As has been truthfully said, many a tidy housekeeper, whose sink-room is a pattern of cleanliness, and whose sink is as clean as the 'plates she eats from,' never bestows a thought on the outlet, the care of which, being out of doors, she thinks belongs to the 'men folks.' Inspection at this unvisited 'back side of the house' would show layer upon layer of decaying potato-sprouts, cabbage-trimmings, onion-tops, etc. They lie just down in the beginning of the slight excavation which her husband dignifies by the name of a drain, and she thinks nothing about them till they force themselves upon her attention by sheer accumulation. Then masculine aid is called in, and a few vigorous thrusts with a long pole push the putrescent mass along, out of immediate interfering distance, the wife merely remarking that 'the drain did smell awfully when husband fixed it;' but if the poking has happened at the right reason of the year, very likely more than one member of the household will have acquired the germs of typhoid, or some other miasmatic disease.

Another wide-spread source of discomfort and ill-health, though happily growing less by the force of circumstances, is the use of feather-beds. These are often precious family heir-looms, and they had an excuse for being, while yet stoves and furnaces were unheard of, but none the less injurious for all that. A coarse sacking, filled with inexpensive straw, forms the 'under-bed;' on this is laid a huge bag, filled with thirty or thirty-five pounds of feathers. The farmer, with his blood almost at boiling heat, after a day's haying, lies down on this cheap and unpatented vapour-bath and perspirator and tries to sleep. Is it any wonder that he tosses and groans; that he finds his garments 'wringing wet' and himself nearly deliquesced; that he rises with the 'first streak of light' from pure misery? The poor wife, who, very likely, in addition to all his discomforts, has suckled an infant all night, finds herself more dead than alive in the morning, and looks forward with justifiable shrinking to the tasks of the day as she finds 'the baby all broken out with prickly heat,' and fretful accordingly. No wonder she calls this world 'a vale of tears,' and considers life a thoroughly puzzling problem.

We have not failed to discharge our duty in pointing out these fruitful sources of disease, as our readers well know, but so indifferent and careless are thousands at the head of families, that the most constant warnings are necessary to awaken them to a sense of the perils which surround them. It is to be hoped that more heed will be given to these important matters.
—*Boston Journal of Chemistry.*

SANITARY CONDITION OF DUBLIN.

OUR Dublin correspondent writes, under date September 5th :— 'The Government has at length taken in hand the long-neglected subject of the sanitary state of Dublin, and has resolved to issue a Royal Commission to inquire into, and report upon, the sewerage and drainage systems of the city, and their effect on its sanitary condition. A letter from the Chief Secretary for Ireland, announcing their intention, was read yesterday at a meeting of the corporation. It stated that the commissioners to be appointed were Mr. Robert Rawlinson, C.B., C.E., chief engineering member of the Local Government Board in England, and Dr. McCabe, inspector of the Local Government Board in Ireland. Mr. Gray, M.P., who had given notice of a resolution to refer the question of main drainage to the committee of the whole House, referred to the circumstances under which the main drainage scheme, which had been adopted after full consideration by the council, and which had been sanctioned by Parliament, had fallen to the ground. The tenders varied from £700,000 to £1,100,000, and the estimates were £450,000. Sir J. Bazalgette and Mr. Neville, the borough engineer, went over the estimates again, and the first tender was received for £450,000; but the modified plan was not accepted, and became abortive. The Liffey nuisance, however, remained the same as in 1870, and the corporation could not say that because they brought forward a scheme which was not successful they were relieved from responsibility, and were justified in allowing the river to remain in its present state. He referred to a suggestion of the boundaries commissioners that a metropolitan board should be established in Dublin, after the model of that in London, and objected to it, as calculated to swamp the corporation. He withdrew the notice of resolution which he had given, and proposed instead that the corporation should cordially co-operate with the Government, and that when the commissioners reported the corporation should decide whether they would carry out the Bazalgette scheme, or adopt the pail system, as they had done in Manchester. Mr. Dawson advocated an improvement in domestic scavenging, and said he thought they ought to take every opportunity of preaching cleanliness among the people. Mr. M'Evoy suggested that if the inquiry were limited to the question of sewerage and drainage, as technically understood, the want of a system of domestic scavenging, which was a greater cause of the excessive mortality in Dublin than defective drainage, would not receive attention. Mr. Gray then moved his resolution, expressing satisfaction at the letter of Mr. Lowther, urging the necessity of promptness in holding the inquiry, in order that there may be legislation on the subject, and appointing a committee of the House to prepare evidence and place all the facts before the commission, without advocating any particular plan. The committee were empowered to obtain professional assistance. The resolution was unanimously adopted, and a committee nominated, including the Lord Mayor, the high sheriff of the city, and twenty-five other members of the council.'—*Times*.

THE PROPOSED NEW BATHS AND WASH-HOUSES FOR THE BOROUGH.

NOTWITHSTANDING the fact that the work of pulling down the old Queen's Bench Prison has not yet commenced, her Majesty's Commissioners of Prisons have already had numerous applications for plots of land on the site. Amongst them is one from the vestry of the parish of St. George the Martyr, in the Borough. For two or three years past they have been endeavouring to obtain a site for the erection of commodious public baths and wash-houses, but without success. This difficulty may now be considered as surmounted, and, as soon as the ground is cleared, they will proceed to construct two large swimming baths, hot and cold baths, and extensive laundry, with drying apparatus, etc. As it is proposed only to exact a nominal fee, the boon to the overcrowded dwellers in the district will be invaluable. The Committee for the formation of a South London Museum, which is under the presidency of the local members, are also endeavouring to obtain a plot.

DIETETICS.

HOW TO FEED AN INFANT.

(Continued from page 115.)

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER II.

THE CONSTITUENTS OF AN INFANT.

IN order to understand what a baby is physiologically, it is necessary to know what are the chemical atoms that enter into combination in the formation of the various structures in the body, or, in other words, the elements of which a baby is composed. In the course of this chapter these elements will be discussed in so far as they have a physiological bearing on the operations of organic life. The chief elements are oxygen, hydrogen, nitrogen, and carbon. These four elements form the principal organic compounds, with the addition of some inorganic matters, as iron, sulphur, phosphorus, lime, soda, and potass. From these substances, which combine and form many complex compounds, all the solids and fluids of the body are elaborated. The grouping of these compound elements has been arranged according to their chemical composition. They are divided into two classes. The inorganic and the organic. The inorganic substances are chiefly the salines, and are found united in a binary manner, that is, two elements chemically combined. These salines, or salts, undergo little or no change in passing through the system; nevertheless they are of immense service in maintaining the life and growth of the living organism. They exist in the form of carbonic acid and ammonia, the carbonates, sulphates, phosphates, and chlorides of the alkalies and alkaline earths. Water is far the most important element. It constitutes more than one-half the body. Its uses in the animal economy are numerous and essential. It is the general solvent in nature, and is necessary for the diffusion of the various particles of both organic and inorganic substances that have to be carried to the several structures and organs of the body. By means of water the tissues are rendered mobile, elastic, and serviceable. By its evaporation heat is rendered latent in the system, and hence it may be regarded as one of the regulators of the temperature of the body. The means by which evaporation takes place is chiefly through the innumerable pores of the skin and the respired air from the lungs. The full physiological uses of all the saline constituents of the body has not yet been satisfactorily determined. It is known that the salts of lime give solidity and firmness to the bones, and that when deprived of these salts a condition known as rickets is induced. Children are often deprived of these salts of lime, in the form which the system can assimilate them, by being weaned at a very early age and fed on food that does not contain them. The earthy salts, besides assisting in the formation of bone, probably also aid in maintaining the

solubility of some of the more complex organic compounds. With respect to the alkaline sulphates and phosphates, they are formed in the body by oxidation of the sulphur and phosphorus which exist in certain organic substances taken as food. The most important salt in the body is common table-salt (sodium chloride). The relative quantity is estimated at about four parts in a thousand, and this quantity is permanent, and necessary to healthy organic life. The affinity which the animal tissues have for permanently retaining this quantity is due to a special chemical relation that subsists between this salt and the tissues. Considerable quantities of salt are contained in the various secretions of the body known as chyle, lymph, saliva, gastric juice, etc. This element makes itself of use in various important changes which are carried on in the circulation and tissues. It assists materially in what is known as osmosis, or that process by which a less dense fluid passes through an organised membrane into a more dense fluid, and an interchange of saline ingredients takes place. Thus it is that an interchange of material in the system is effected, which alters the condition of the blood plasma and plays no small part in those morbid changes which the blood undergoes in the circulation. Water also promotes certain changes in the tissues by assisting in their development out of the organic materials of the food when digested. With respect to the phosphates and carbonates of soda, they are the results of chemical decomposition of vegetable salts taken as food. The use of these salts is to conserve the alkalinity of the blood. This is an important matter, for on this condition depends the solubility of the various white-of-egg compounds (albuminous), and the transmission of this flesh-forming material through the minute web-like vessels (capillary). It has been shown that the alkalinity of the blood increases its power of absorbing the gases of the atmosphere, and hence it is a valuable factor in the vital process of respiration, and bears materially on those conditions of ill-health in which a more rapid oxidation would assist in eliminating disease-producing (morbific) products. The nerves and muscles specially require the salts of potash for their nutrition. The lime-phosphates are necessary for the consolidation of bone, and also in newly-forming tissues. These operations are continually progressing in infant growth. As phosphates of lime are always found in tissues in process of formation, they have been regarded as a permanent component in the structure of the body (histogenetic substance). It is certainly of very great consequence, when tissues are rapidly undergoing change, as in infant life, that there should always be phosphates of lime present. This is quite evident when it is estimated that the structural elements of an infant are replaced during a period of every four or six months. The carbonates of lime and magnesia are chiefly employed in completing the structure of bone.

(Commenced in No. 33.—To be continued.)

SUGAR AS HUMAN FOOD.

By WILLIAM GIBSON WARD, ESQ., F.R.H.S.

(Continued from page 106.)

FIFTH ARTICLE.—FALSE TEACHING ABOUT IT.

THE history of the development of the growth and manufacture of sugar as the populations of the earth increased manifests not only the universality of sugar as food, but something like an

instinctive impulse on the part of man to get it somehow to sweeten his daily food.

It appears to be a necessity to human life. It has been declared by the most eminent physiological chemist of his or our day, that the loss of no 'element of food would be so keenly felt as that of sugar.' It has been nearly unanimously decided by the medical authorities that in health sugar is more than useful—it is a necessity. No scientist has ever discovered any evil to arise in a healthy human being from eating sugar freely. When the body does not require it, then the appetite will not allow it to be taken; it is rejected with nausea and sickness.

The celebrated Dr. Rush, of America, even declared that it is to sugar, and sugar alone, we owe our relief from the plague which visited our forefathers every few years. This opinion of a very eminent man cannot be verified or proven, and so must be taken for what it is worth to each reader.

But it has been reserved for Mr. John Storie* to surprise the world with opinions so novel and absurd that to recite them is to refute them. Indeed, such statements scarcely deserve serious attention, only they have been indorsed in the *Dietetic Reformer*, and so further circulated. The evil of such writing is, that it repels sensible people from the important claims of dietetic reform, never more important than in the present day, in this England of ours.

In a series of short papers like this one it would be inconvenient to even cite all Mr. Storie's novel statements about sugar, as that it is a *tropical product* (which it is not necessarily), and, being tropical, is unfit for man in the temperate regions of the earth; as that sugar is '*too highly oxygenised*,' though the starch of bread he deems to be a perfect carbon for the food of Britons from Cornwall to Stornoway; and yet he cannot show any chemical difference between sugar and starch—that one is more highly *oxygenised* than the other.

But there are two paragraphs which we must grapple with, and expose the wrong teaching so thoroughly that they may be flung at once into the limbo of forgotten things, and pester truth no more.

The first is the following statement:

'It is proved that the use of sugar as a food in our climate tends to induce that morbidly acid state of the system which is incompatible with the due performance of the functions of the blood; that this condition is constantly characteristic of the system in pulmonary disease; that the population of our own country consumes a proportion of sugar per head far beyond that of any other in Europe, and that pulmonary disease prevails so largely as to be styled "Britain's malady." Are we not, then, justified in concluding that "the use of sugar is the primary cause of pulmonary disease and of diseases of the respiratory organs in Great Britain?"'

Can any one imagine a more serious accusation against any article of food than this against sugar? But it is utterly false and groundless. First he says '*it is proved*.' Where? we ask. Ten thousand Mr. Stories could not prove it. No man of science ever attempted it.

No man capable of apprehending the meaning of the words 'pulmonary diseases' would undertake to show that '*the*

* 'The Dietetic Errors of the People.—The Consumption of Sugar,' etc. London: Simpkin and Co.

primary cause of their origin was in any food at all, much less in sugar, 'the respiratory food, *par excellence*,' on the highest human authority that we have. Sugar, on the same authority, 'is itself entirely transformed into carbonic acid and water, both of which pass off from the body by the lungs.' That is, sugar does perfectly the work that sustains our lives, does perfectly what our Creator designed it to do. It has less connection with pulmonary diseases than Tenterden Steeple has with Goodwin Sands.

The chief causes of pulmonary diseases are—foul air, over-crowding, and want of ventilation.

The first set of figures I quote from a lecture by Arthur Ransome, M.A., M.D., entitled, 'On Foul Air and Lung Disease.' At once the very title of the lecture, if it is true, overturns Mr. Storie's views about 'the primary cause of pulmonary disease.' That is, Arthur Ransome, M.A., M.D., in looking for the sole cause of lung disease in foul air, is mistaken; or Mr. Storie is in looking to sugar as 'the primary cause of pulmonary disease.' I will help my readers to saddle the right horse.

Now, we will look at a valuable table of figures entitled 'Mortality from Diseases of the Respiratory Organs—Average for Five Years, 1869-73:'

Westmoreland	2'27
North Wales	2'51
All England and Wales	3'54
Salford	5'12
Manchester Registration District	6.10
Manchester Township (1874)	7. 7

Will Mr. Storie contend that the powerful contrast we have here presented by these figures is created by the more or less consumption of sugar?

I will now give some quotations, as quoted by Dr. Ransome:

'Sir James Clark, who wrote one of the best monographs on consumption in our language, regarded "the respiration of a deteriorated atmosphere as one of the most powerful causes" of this disease.'

Mr. Welch, of the Army Medical School, Netley, in his prize essay, entitled 'On the Nature and Varieties of Destructive Lung Disease as seen amongst Soldiers, and the Hygienic Conditions under which they occur,' states that consumption is the great chronic devastator of our army, in spite of all the selecting influence of recruiting regulations, and in spite of every variety of climate. It gradually increases with length of service, and is, in his opinion, due in the first place to 'vitiated barrack atmosphere'—'constant irritation of foul air inspiration.'

I now turn to 'A Dictionary of Hygiene and Public Health,' by Alex. W. Blyth (London, 1876). There, in a long article on 'Overcrowding,' we have page after page showing not only that the general death-rate of towns depends on the density of the population, but that all respiratory diseases are generated by overcrowding. Dr. W. A. Guy on 'Public Health' is quoted lengthily. He says: 'All the comparisons led to the same result, the establishment of the same vital truth—that consumption (inferred from the existence of the leading symptom, hæmoptysis*) and colds (doubtless comprising attacks of con-

sumption) were uniformly rife wherever the cubic space was smallest, or the air most close, hot and foul. I will content myself with two instructive comparisons. Forty men worked in five rooms, with 303 cubic feet of air per man; other forty in other five rooms, with 789. Of the forty in the smaller rooms, five had had hæmoptysis, and six were subject to severe colds. Of the forty in the larger rooms, not one had spat blood, and one only was subject to severe colds. My second comparison throws the 320 men into three groups of nearly equal size, all comprising more than a hundred. The first group worked in rooms affording to each man less than 500 cubic feet of air; the second had from 500 to 600; the third more than 600. Reducing all these groups to the standard of 10,000, I found that of the first group 1250 would have spat blood; of the second, 435; of the third, 396; while 1250 of the first group, 348 of the second, and 198 of the third respectively would have been subject to severe colds.'

Dr. Guy continues: 'I have at hand notes of cubic spaces rising by easy stages, from the 8 of St. Martin's Round House, and the 40 of the Black Hole, through the 30 to 60 of Marlborough House, Peckham, formerly the union workhouse and busy fever factory of the City of London; the 52 cubic feet of the most crowded rooms in Church Lane, St. Giles's, the scene of a great mortality from fever and cholera; the 84 cubic feet of a village hovel in Dorsetshire, where a fatal fever prevailed; the 100 cubic feet of the Parish House, near Launceston, a haunt of cholera; the 136 cubic feet of the Drouet establishment for pauper children at Tooting, where, in the epidemic of 1849, the cholera slew 170 children in three weeks; the 150 cubic feet of the Wood Street, Compton, another notorious haunt of jail-fever; the 170 cubic feet of the Cambridge Town, Bridewell, smitten with jail-fever in 1774; up to the 202 cubic feet of a London printing-office, where I found the deaths from consumption following as fast on each other as deaths from some contagious fever might do.'

The Sanitary Commissioners for the Army reported in the year 1858 that the Royal Foot Guards died at the rate 20.4 per 1,000, whilst a similar number of civilians showed less than twelve deaths per annum, and the number of deaths from lung disease in the former was 12.5 to 5.8 of the latter.

Will any one maintain that the more than double number of deaths in the Foot Guards from lung disease over the number of deaths from the same cause among civilians is caused by eating sugar? Soldiers are not supposed to dose themselves with sugar-candy and toffy to such a fearful excess—but the excess is rather on the side of beef and beer.

It cannot be said to be an open question as to what '*is the primary cause of pulmonary disease.*' It is as decided a conviction as that water gravitates downwards, that it is only foul air, over-crowding and deficient ventilation.

It is, then, a grievous evil, when any man takes up the teaching of dietetic reformers, and appends to it a baseless theory, and thus damages seriously the cause of progress—virtually overturns the *rationale* of temperance, and injures by his advocacy the very principles he professes to follow.

Like a child attempting to cleave wood and cutting off its fingers, so this Mr. Storie attempting to reason with such tools as oxygen and carbon, and such windy phrases as 'the primary cause of pulmonary disease,' cuts himself astray from all

* Spitting of blood.

scientific teaching, and all the plain teaching of common sense.

I have not yet completed my examination of the quotation from Mr. Storie's pamphlet, and as I have another quotation to dissect and display, at least another paper must be added to the present series.

A HORSE POISONED BY TEA.

IN a paragraph on animal life in *Lloyds'* of last week, the following is given. After relating several singular stories the writer concludes: 'Finally comes a case said to be "unparalleled in the annals of veterinary or even human toxicology." A staff cook having left some pounds of tea in a sack, a Kaffir groom filled it with corn, and serving out the contents to a troop of horses, gave Lord William Beresford's charger the bulk of the tea, which was eaten greedily, and produced the most startling results. The animal plunged and kicked, and ran backwards, at intervals galloping madly around, finally falling into a donga, where it lay dashing its head on the rocks, and was despatched by an assegai thrust through the heart. The *post-mortem* appearances indicated extreme cerebral congestion. The fact of a horse being poisoned by tea suggests moderation in the use of what has hitherto been held to be the most harmless of drinks.'



CURRENT OPINIONS AND EVENTS.

WITH a splendid day, the commendable efforts put forth by the National Temperance League to secure a National Fête at the Crystal Palace last week ought to have resulted in a larger gathering. The fête took somewhat the form of a temperance jubilee, and this ought to have commanded at least the presence of the more thoughtful adherents of temperance. The papers read at the Jubilee Conference were exceedingly good—that by Dr. Norman Kerr especially so. The *Temperance Record* of Saturday last, containing these papers, and also some of the speeches delivered, is a mine of temperance wealth, and should be scattered broad-cast over the land.

We do not allege that the fête was a failure. The gathering numbered some 32,000 persons, all well-behaved and orderly. But the expenses incidental to the fête must be great; and we fear that the League will be a loser rather than a gainer by the day. This ought not to be, and would not, if a large section of the temperance people had not been educated into a love of singsong, gewgaws, and show. The palate being thus vitiated, good plain fare, such as the League provided, was not attractive.

There was a noticeable incident in connection with the fête, and one which ought to have helped to swell the attendance, and probably did so. That was in the recognition afforded to other associations not working exactly on the same lines as the League. The United Kingdom Alliance was represented at the aggregate meeting; and the veteran temperance teacher, Dr. F. R. Lees, had a place of honour accorded to him. This will give great satisfaction to a wide circle of temperance people.

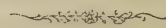
Landlords and tenant-farmers are each devoting their serious attention to the existing agricultural difficulty. The former are generally remitting a portion of the rent; but in one instance a landlord has given all his tenants notice to quit, with the inten-

tion of throwing his farms into the market and letting them to the highest bidder!

A Suffolk landlord, in writing to the *Times*, suggests that want of capital is the difficulty under which farmers labour. His remedy is the application of the principle of limited liability to agriculture. He argues that it would be a legitimate field for the employment of capital at present idle for the want of profitable investment.

We have previously directed attention to the profitable character of bee-farming. The *Times* of last Monday contains the following:

'A BEE FARM.—Near the village of Beeton, county of South Simcoe, Ontario, Canada, there is a bee farm which is probably one of the most extensive and successful things of the kind in the world. It consists of four bee-yards situate at the angles of a square which embraces several square miles of country. The current year, so far, has proved favourable for honey. Mr. D. A. Jones, the owner of the bee farm, had at the end of July already secured 50,000lbs. of honey from 620 stocks of bees. The *Canada Farmer* asserts that this statement is an absolute fact. Each yard covers about an acre of ground, carefully enclosed, and contains, besides the hives and summer store-rooms, a house for wintering the bees. The hives used are oblong pine-wood boxes, with a cubic capacity of 3,240in., the inside measure being fifteen by eighteen by twelve. Mr. Jones's four bee-yards contain 250, 150, 150, and 70 of such hives respectively, and he reckons 30,000 bees a good swarm for one of them. He expects a total yield for the year of 70,000lbs. of honey from his 19,000,000 little workers, in which case he would net between \$7,000 and \$10,000, for the year's product, without taking into account the sale of swarms or of queen bees. This successful apiarist estimates the year's total outlay at \$2,100, nearly half of which, however, is interest on capital which has grown up with the business.'



HOME FOR THE CHILDREN.

By MRS. E. M. LUMSDEN.

CHILDREN are the light of a house, the joy of youth, and the hope of age; and for them as much as for their seniors it is necessary that the atmosphere of home life should be made bracing and healthful. A twofold duty consequently devolves upon the mother standing as guardian at the head of her house—the duty of soother [and director. Hers it is to pour the balm of comfort and repose upon the spirit weary with the heat and toil of the day, to make a calm and sweet retreat beneath his own roof tree for the 'strong swimmer' battling with the tide of life. And hers also to train the young minds and hearts destined for the future conflict; to lay that solid foundation of physical and moral health, which, like the house built upon the rock, shall abide the shock of winds and waves.

Perhaps no greater responsibility can be placed on human shoulders, nor one whose importance is so little dwelt upon by those whom it concerns. The children are the future rulers of an age—the men whose brains shall plan, and whose hands shall work, the guardians and defenders of the house and home, and the mothers are their moulders. As they shape them in

their green and tender years, so shall they grow in riper age, either the upright, stately tree, the pride of the forest, or the lop-sided and ungainly, fit only to be cut down and cast into the fire. Morally, as well as physically, therefore, home is the training-ground for the new generation; and how to make it worthy of such a dignity should be the study of each parent in every rank of life. It is a task demanding no unusual abilities, one within the reach of all to whom God has vouchsafed ordinary intelligence and full faculties, and in it, as in every other labour, perfection comes with practice and earnest prayerful striving. To those who love, all things are easy, and in no other career is there such scope for the highest passion in its purest and most exalted form—a noble, self-devoted, and judicious love that seeks only the well-being of the beloved.

Let us consider the way in which this may be achieved under these three heads, physically, morally, and intellectually. First the physical. In the majority of homes let us hope that the wants of the children, cleanliness, food, and clothing, are provided for as fully as the means and position of the parents will permit. There is no doubt a large proportion of the slovenly and unthrifty by whom these primary duties are sadly neglected, and to those no language sufficiently strong or reprehensive can be applied. Unworthy of the sacred trust bestowed upon them, false to the first and tenderest instincts of nature, they are the very pariahs of creation.

Order, cleanliness, healthy, nutritive and well-cooked food, regular hours for meals, and for rising and retiring to rest, warm and plentiful clothing, in which fashion is not sacrificed to health or comfort, abundance of fresh air and well-arranged hours for recreation, disposed in such a manner as to render them a relaxation after some serious duty suited to their years—these are amongst the chief rules for the physical well-being of children.

I might perhaps add one more. Abstinence from stimulants, so that the seeds of temperance, laid in childhood, may grow with their growth. Care should be taken, however, not to render the young life monotonous by the too methodical and mechanical arrangement of its daily routine. A round of life from day to day, varied by no fresh tint, no enlivening novelty, will pall upon the firmest mind. Little changes should creep in now and again, pleasant varieties, new amusements, all contributing as much to the health of the body as good food and comfortable lodging.

Amusements, too, in judicious and loving hands, may be made the channel of as much instruction as the hours devoted to study, and even with more effectiveness; but of this we shall speak hereafter under the head of intellectual training. Objects of beauty, such as flowers, pictures, nicely chosen and simple household ornaments, exercise a vast amount of influence over the comfort and happiness of children.

The song of a bird, the perfume of a flower, the harmonious arrangement of colouring in the domestic adornments, all strike the senses pleasantly, giving a bend towards refinement and love of the beautiful, and lending a fair and tender light in after years to the memory of home and parental love, whose blessed influence will be life-long. Here, too, the physical life may be made to act advantageously on the development of the moral and religious by ratiocination from the known to the unknown. For instance, the child can glean from the care and

affection of parents its best ideas of the almighty love and watchful tenderness of the great Father of all, whose family is the vast human race, for whom He provides all the comforts and delights of life, food, clothing, sleep after daily toil, and the varied and wonderful beauties of nature. The words of the Lord's prayer, 'Our Father!' will have a deeper meaning from the knowledge of the devotion of the earthly parent, and the watchful and tender care of the Almighty will be brought more clearly before those opening minds by the consideration of it in their own homes.

The system of home rewards and punishments may be used still further to teach our great moral duties towards God, our neighbours, and ourselves. The fulfilling of certain duties in their own homes, such as the learning of a lesson, the cleanly writing of a copy, the performance of an exercise, the careful execution of a drawing; or for girls, neat sewing, small cleanings and dustings, and domestic work suited to their age—above all, the tidy keeping of their own special belongings, strict adherence to truth, fulfilment of promises, and honesty in their little dealings with each other, being made the subjects of reward and approval, and the means of obtaining still further advantages at some future period, or the failure in any of these particulars being visited with punishment will aptly illustrate to them the great law of moral and religious obligation upon which happiness and misery in the present life as well as the future depend.

Success, the reward of labour and merit, will also be taught at the same time, and habits of industry and perseverance laid, whose beneficial effects will be felt long after the hand that has sown the precious seed has mouldered into silent dust. In the matter of punishments, my experience leads me to say, *as little corporal punishment as may be—none, if possible*; and if employed at all, only in extreme cases, and never when under the influence of anger. The habit of too many parents of flying into a violent passion over the shortcomings of their children, using loud and abusive language, whilst blow upon blow is showered upon the unhappy delinquent, is baneful in the highest degree. The worst feelings of the young nature are brought to the surface, hatred, bitterness, and the desire of revenge burn in the childish soul, self-respect goes down with a run, and the shame and regret for the fault which it is the work of judicious correction to engender, are completely swallowed in the mingled humiliation and rage the personal attack upon their small humanities raises within them.

(To be continued.)

HOW MANY APPLES DID ADAM AND EVE EAT?

SOME say Eve 8 and Adam 2, a total of 10 only. Now we figure the thing out far different. Eve 8 and Adam 8 also. Total 16.—*Boston Journal*. We think the above figures are entirely wrong. If Eve 8 and Adam 82, certainly the total will be 90. Scientific men, however, on the strength of the theory that the antediluvians were a race of giants, and consequently great eaters, reason something like this: Eve 81st, and Adam 82. Total 163.—*Gloucester Advertiser*. Wrong again; what could be clearer than if Eve 8-1-1st, and Adam 8-1-2, would not the whole be 1623?—*Boston Journal*. I believe the following to be the true solution: Eve 8-1-4 Adam, Adam 8-1-2-4 Eve. Total, 8698.—*Veritas*. Still another calculation is as follows: If Eve 8-1-4 Adam, Adam 8-1-2-4-2 oblige Eve. Total, 82,056. We think, however, this is not a sufficient quantity; for though we admit that Eve 8-1-4 Adam, Adam, if he 80, 8-1-2-4-2 keep Eve company. Total, 8,082,056.—*N. Y. Mail*. You do the fair thing by Adam brother, but you slight Eve. This poor smit-10-1-8-1-4-2 please the serpent, and Adam, of course, if he, as good husbands do, oft-10-80-8-1-2-4-2 keep Eve company. Total, 109,099,384.—*Syracuse Journal*.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

Consider the tall trees of the orchard which are laden with choice fruit : these were not called forth and established in a day, but grew up in many patient years from the kernels of a poor man's pocket.—*The New Koran.*

Observe how the frugal man provideth gutters, and collecteth from passing showers eave-drops enow to store in a tank for all the wants of his household ; while the improvident man ladeth out of a brook abundantly for his present use, but when the brook faileth, is consumed, with all his cattle, by the summer's drought.—*Jaido Morato.*

True merit is like a river ; the deeper it is, the less noise it makes.—*Halifax.*

Ye who are wise and understand the ways of economy, imitate the frugal man ; seize the opportunity while ye have health and strength, and labour to make a provision for infirmity and old age.—*The New Koran.*

'How sure it is,
That if we say a true word, instantly
We feel 'tis God's, not ours, and pass it on
As bread at sacrament, we taste and pass,
Nor handle for a moment, as indeed
We dared to set up any claim to such.'

Mrs. Browning.

Cut off all idle extravagances, my friends, and turn to good account your vigour and substance, not forgetting this, that one vice costs a man more than two children, and the sap which one sucker consumeth will feed many flowers.—*Jaido Morato.*

When a man hath saved a few pence and put them in the bank, it is easy to save many more.—*The New Koran.*

Goodwill, like a good name, is got by many actions, and lost by one.—*Jeffrey.*

You are not yet a great man, because you are railed at by the little, and esteemed by some great characters ; then only you deserve that name, when the cavils of the insignificant and the esteem of the great keep you at equal distance from pride and despondence, invigorate your courage, and add to your humility.—*Lavater.*

The greatest man is he who chooses the right with invincible resolution ; who resists the sorest temptations from within and without ; who bears the heaviest burdens cheerfully ; who is calmest in storms, and most fearless under menace and frowns ; and whose reliance on truth, on virtue and on God, is most unflinching.—*Channing.*

It hath never been commanded that the ant shall share with the grasshopper, and the bee distribute to the wasp. Go thou and learn forethought from the ant and the bee.—*The New Koran.*

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses, and small obligations, given habitually, are what win and preserve the heart, and secure comfort.—*Sir Humphrey Davy.*

Seek not proud wealth, but such as thou mayest get justly, use soberly, distribute cheerfully, and leave contentedly.—*Lord Bacon.*

A fair reputation is a plant delicate in its nature, and by no means rapid in its growth. It will not shoot up in a night like the gourd of the prophet, but like that gourd, it may perish in a night.—*Jeremy Taylor.*

Actions, looks, words, steps, form the alphabet by which you may spell characters ; some are mere letters, some contain entire words, lines, whole pages, which at once decipher the life of a man : one such genuine, uninterrupted page may be your key to all the rest ; but first be certain that he wrote it all alone, and without thinking of publisher or reader.—*Lavater.*

THE HOUSEWIFE'S CORNER.

CAUTIONS IN VISITING A SICK-ROOM.

Never enter a sick-room in a state of perspiration (to remain for any time), for when the body becomes cold, it is in a state likely to absorb the infection. Nor visit a sick person (if the complaint be of a contagious nature) with an empty stomach. In attending a sick person, do not stand betwixt the sick person and any fire that may be in the room, as the heat of the fire will draw the infectious vapour in that direction.

A BOILED ORANGE-PUDDING.

Beat the grated rind of two Seville oranges in a mortar to paste, put a quarter of a pound of Naples biscuits into a pint of cream, mix this with the orange paste, add sugar to taste, and five well-beaten eggs ; mix all together with a pinch of salt, tie it in a floured pudding-cloth, and put it in a pan of boiling water ; an hour will boil it ; serve with sweet sauce.

THE VICARAGE CAKE.

A pound and a half of flour, half a pound of moist sugar, a little grated nutmeg and ginger, two eggs, well beaten, a table-spoonful of yeast, and the same of orange-flower or rose-water ; mix it to a light paste with a quarter of a pound of butter melted in half a pint of milk ; let it stand before the fire half an hour to rise, then add three-quarters of a pound of currants, and bake it in a tin well buttered in a brisk oven.

TO STEW CUCUMBERS.

Take an equal quantity of cucumbers and onions, fry them a nice brown in butter, put them in a saucepan with half a gill of water or vegetable broth, season with pepper and salt, and stew them till quite soft ; then work a little flour and butter together and put in ; let it boil a few minutes till a good thickness.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith. The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates :—

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A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

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FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

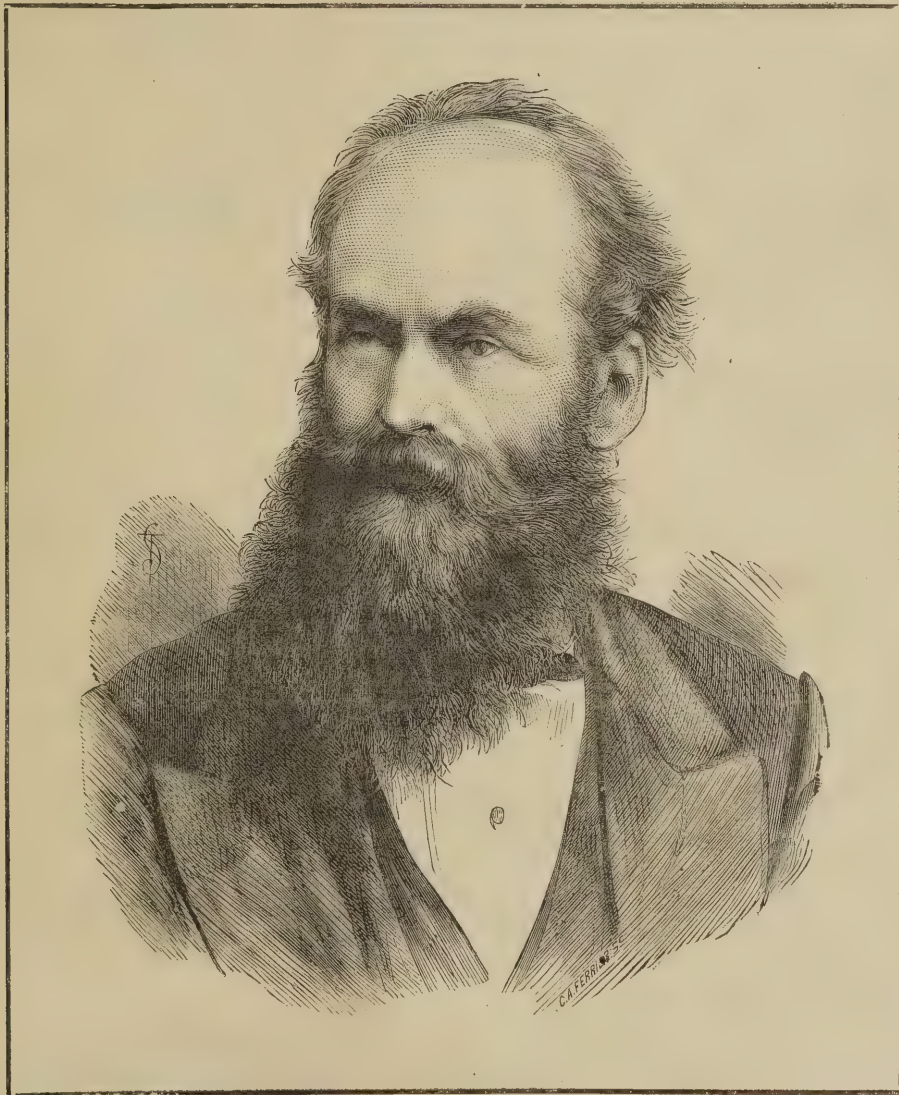
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 35, VOL. II.]

SATURDAY, SEPTEMBER 20TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



MR. RONALD McDOUGALL.

[FOUNDER OF THE CAFÉ-PUBLIC-HOUSE SYSTEM.]

NO SOCIETIES: DIETETICS: DOMESTIC ECONOMICS
ACTION: OVERCROWDING: IMPROVED DRAINAGE: IN GENERAL
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SATURDAY: SEPT. 13TH 1879
PENNY
AND IN THE HOUSE

MR. RONALD WOODS
A MEMBER OF THE LAY
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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: SEPTEMBER 20th, 1879.

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MR. RONALD McDougall.

FOUNDER OF THE CAFÉ-PUBLIC-HOUSE SYSTEM.

COFFEE-PALACES and public-houses now being the rage, we need not apologise for presenting our readers with the portrait of Mr. Ronald McDougall, who is able justly to claim the merit of conducting the first cafés in London remuneratively.

Mr. McDougall, after being engaged in extensive business operations in Liverpool for some years, had his attention directed to the great need of public places for refreshment and resort apart from the use of intoxicating liquors. The ordinary coffee-house did not meet the requirements. As a teetotaler from his youth up, he felt that something might be attempted, on a more liberal scale, with a fair prospect of success.

Several cafés opened by Mr. McDougall in Liverpool proved complete successes. He adopted as his motto, 'No Intoxicants Sold,' and this sentence was put up very prominently at each establishment. The results have proved that it is possible to conduct houses for the sale of food and drink, well prepared and served, without the aid of spirituous liquors to make such houses pay.

The People's Café Company, in London, with Lord Shaftesbury at its head, had been anything but a success. They had secured premises in Whitechapel and Whitecross Street, and these houses were being worked at a great loss when Mr. McDougall came in, and undertook to work these establishments in conjunction with several others of a superior class, such as those at Ludgate Circus and St. Paul's Churchyard, the Company to supply capital and plant, and to receive from him a fixed per centage in return. By distributing part of the profits amongst the employées, Mr. McDougall gave each person employed an interest in the success of the venture. That it

is a success is evidenced by the following statement recently made by Mr. McDougall:

'At St. Paul's Churchyard we take, in sums of one shilling, sixpence, and eighteenpence, no less than £24,000 per annum, and at Ludgate Circus over £10,000. These are large sums. Over 2,000 persons attend St. Paul's Churchyard daily. It requires the patronage of a very large number of people to make up so large an amount of money. A great number of people come for their tea. We make special provision for teas, because young men who have to go a long way to their homes, when they find they can get a comfortable cheap tea, and quite as good, with a few extra delicacies, as they could get at home, have felt this to be a great advantage to them, and especially the young men who live in lodgings.'

Mr. McDougall has been a member of the Board of Guardians for Birkdale, Southport, for several years, and three years ago he successfully contested St. Anne's Ward, Liverpool, for a seat in the Town Council, his opponent being a wealthy brewer. It cannot be said of him that he is a man of one idea. While a warm adherent of temperance, he is ready to assist other progressive movements, and it is scarcely possible to over-estimate the value of his success in working the café movement, as to it the rapid extension of the system is largely due.



HYGIENE.

ON RECOVERY FROM DROWNING.

BY R. NEWTON CLARKE, L.M., C.M., M.R.C.C.S.

A PARLIAMENTARY return states that no less than 2,662 inquests were held during 1877 upon persons who had met their death by drowning in the inland waters of England and Wales, of which 522 were held on females; 805 were on children (under twelve years of age); and 1,511 on males above that age, and 346 were on females. It may therefore be concluded that if swimming were taught systematically in schools as many as 1,800 lives might have been saved in one year alone, for it must be observed that the statistics quoted refer to deaths in inland waters, and under circumstances that would have allowed most swimmers to have saved themselves, or floated until assistance arrived.

It was at one time believed that death by drowning resulted not so much from the lungs being filled with the fluid swallowed, but as a consequence of their being deprived of a due supply of atmospheric air. But some experiments performed by a committee of the Medico-Chirurgical Society led to the elucidation of the following remarkable facts:—That an animal may recover after simple deprivation of air for nearly four minutes, yet after submersion in water for one and a half minutes recovery is almost impossible. This difference is not due to the struggles of the animal, nor loss of heat, but to the two facts, that in drowning a free passage is allowed to air out of the lungs, and a free entrance of water into them. The following experiment

supported this view. Two dogs of the same size were submerged at the same time; the one had his windpipe plugged, the other not. They were removed from the water in two minutes. The former recovered on the removal of the plug; the latter died. It may therefore be concluded that it is the entrance of water into the lungs in cases of drowning that so speedily causes death. Recovery from drowning can scarcely be expected after longer than four or five minutes of submersion. It seems, however, there are some well-authenticated cases of restoration after a much longer immersion; therefore means must be used and persevered in even in very hopeless cases. The old custom of suspending the body by the heels, or rolling it on a barrel, is absurd and dangerous, though not a moment should be lost in turning the face downwards, whilst the tongue is depressed by the finger of an attendant to allow the escape of water and mucus, which may be obstructing the entrance of air to the lungs. Clearing the mouth, hot baths, and vigorous friction are so far good, but the most effective treatment is the instantaneous adoption of artificial respiration. The directions given by the Life-Saving Society of New York are perhaps the simplest and most effective. We transcribe the same with slight alteration:—

RULE I.—To drain and force water from the lungs and stomach.—INSTANTLY place patient face downwards, a hard roll of clothing being placed beneath pit of stomach to raise it as much as possible above the level of the mouth. Put one wrist of patient under his forehead to raise mouth off the ground. With hands well spread upon patient's back, above the roll of clothing, throw upon it your whole weight with a forward motion, and keep up the pressure about three seconds, so as to force all water from stomach and lungs out of the mouth, ending the pressure with a push which will help to jerk you back to your upright position. Repeat this once or twice, and then QUICKLY proceed with

RULE II.—To make the patient breathe.—Turn the patient face upwards, the same hard roll of clothing being now beneath his back, the shoulders slightly drooping over it. Bend head backward and downward, putting throat on the stretch to the utmost. Place hands of patient on top of head (one twist of handkerchief or string around the crossed wrists will keep them there). Rip or strip all clothing from waist and neck.

Now kneel astride patient's hips. Grasp front part of chest on both sides pit of stomach; your thumbs pointing to patient's chin; your fingers fitting into the grooves between the short ribs.

Fix your elbows firmly, making them one with your sides and hips; and then, firmly pressing the sides of the patient together, and using your knees as a pivot, throw yourself slowly forward for two or three seconds until your face almost touches the face of the patient, and your whole weight presses upon his chest. End this pressure with a short push which *suddenly* jerks you back again to the upright kneeling position.

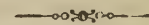
Rest three seconds while the ribs spring back; then repeat this bellows-blowing movement as before, gradually increasing the rate from seven to ten times a minute; but take the utmost care, on the occurrence of a natural gasp, not to interrupt it but as the ribs fall, gently press them, and deepen the gasp into a longer breath. Continue this until the natural breathing which you are imitating needs no assistance. If all fails, keep

on; because any moment within an hour's effort you may unexpectedly be rewarded with success.

[*Note.*—If a second person be present and can do it, the tongue should be held out of one corner of the mouth by the thumb and finger, armed with a piece of dry cotton or linen rag. Of course, it is understood the force employed will be moderated in both rules according to the age and sex of the patient.]

Another 'ready method' of restoring the apparently drowned is commonly adopted: it is that of Marshall Hall. The person whose breathing is to be restored is placed flat upon the face; gentle pressure is then made on the back, the pressure removed, the body turned on its side, or a little beyond that. The body is then turned again on the face, gentle pressure again used to the back, then turned on the side. This should be done about sixteen times in a minute.

The method adopted by the Royal Humane Society is that of Dr. Silvester. It is carried out in this way:—'The patient is laid on a flat surface on his back, with the head and shoulders slightly raised on a pillow. His arms are then to be grasped just above the elbows, and to be drawn gently and steadily upwards until they meet above the head, in which position they are kept for two seconds; they are then to be turned downwards, and to be pressed for two seconds gently and firmly against the sides of the chest. These movements are to be repeated deliberately about fifteen times in the minute, until natural efforts at respiration are induced, when they are to be discontinued, and the ordinary means to promote circulation and warmth had recourse to.' After breathing has commenced, the patient should be wrapped in a warm blanket, and have bottles of water, or hot bricks, applied. Rubbing the body with warm clothes, or the hand, or slapping the fleshy parts, may assist to promote warmth and circulation. When the patient can swallow, give hot coffee or milk, but administer spirits sparingly, and keep him quiet.—*Newcastle Chronicle.*



FIRES IN CROWDED DWELLING HOUSES.

WE have heard it said that there is no kind of risk which fire-offices like so well as country parsonages, the reason being that, in the overwhelming majority of instances, the country parson and his family are sober, orderly creatures, who go to bed betimes, and who take care that all lights likely to be dangerous are either guarded or extinguished. Contrast this abode, the fire-office ideal of security, with the low-class town dwelling-house, where every room has its separate set of tenants. The wonder is, that among these places there are not fatal fires by the dozen every night, when we think of the numerous ways in which such accidents may be caused. Children playing with lucifers, upsetting of paraffin lamps, cats knocking down the clothes' horse, coals jumping out of the fire, and, above all, the recklessness of tipsy people. And it is not as in a private house, where the vigilant master, having gone the rounds, turned out the gas, and examined the smouldering remains of the kitchen fire, feels that, as far as risk of fire is concerned, he may with a clear conscience go to bed. In a tenement house, no matter how careful A may be, he and his family may be burnt to death by the negligence of B and C. These observations are prompted by the occurrence lately of a fatal fire in a crowded house in Soho. We may mention three very commonplace precautions, which, in poor people's dwellings, would render these sad accidents still rarer than they are. Care should be taken to buy good paraffin oil, and to look after the wicks of the lamp; secondly, matches should be

kept on a high shelf, out of the reach of young children ; and, lastly, it should be the rule rather than the exception, as it often now is, to keep a wire-guard on the fire.—*The Graphic*.

'HERBS, SWEET HERBS'—THE CARPETS OF OUR FOREFATHERS.

ONE of the most frequent of autumn cries is 'Herbs, sweet herbs,' by which is signified herbs suited for winter use, when duly dried. The 'cry' is one of very olden date, though it has now a modern meaning ; for when the 'herbe women of Cheapside' cried 'Herbs, sweet herbs,' it then meant 'Simples,' and herbs fit for strewing. The chemists of those days sold simples, too, for divers maladies, as they were 'Cullers of Simples,' as we know from Romeo, their chief place of resort being in the City, as Falstaff tells us, 'that smell like Bucklesbury, in simple time.' Herbs, too, could be obtained there for 'the strewing'—that is, to strew the rushen floors with pleasant plants. In the days before carpets were known in England, rushes were used for the day-rooms and straw for the chambers, as had been the case, indeed, in houses and in palaces for centuries ; and that the use of them in early days was known in Rome, for rooms and corridors, we learn from Shakespeare, who makes Tarquin, stealing to the chamber of Lucrece, pick up her glove 'from the rushes, where it lies.' Then, as time went on, and more modern ways brought with them luxuries, green boughs were hung about, and green leaves scattered ; and to them at length were added sweet-scented flowers and aromatic herbs, to please the eye and satisfy the senses, as, in the majority of houses, the changing of the rushes was not so frequent as it might have been, which made the reedy layer hurtful at times to health, and by no means pleasant. Hence came the cry of 'Herbs, sweet herbs ! herbs fit for strewing !' and this 'sweet' strewing was so much favoured by those who had strewn but hitherto the common rush, that in all the houses of the better class the sweet flag soon replaced it, as the smell of it, when it was trodden upon, was as the odour of myrtle, and it thus added to the scent of what else lay there. This strewing of houses being a common custom, mention is made of it in the tenures of the time. But the days of rushes now are over, and they are only used at the present time for the tying of hops and the making of baskets ; that which was formerly used for rushlights, and which is still required for mats and chairs, being the larger kind, the bulrush or club-rush, the spongy stems of which are of use to the coopers to fill up crevices in casks, and to cottagers for thatch for their dwellings, as we see in the hamlets of Huntingdonshire, and about that quarter. There is a kind of club-rush called the salt-marsh rush, the root of which is eatable, as is that of another kind—the water-chestnut, which the Chinese cultivate in tanks, and keep it for dessert, when it has been dried in the sun. The aromatic root, too, of the sweet flag is used by the rustics in this country in lieu of spice, and the Turks make a sweetmeat of it. But the handsomest of all rush plants is that which blooms in August—the great reed-mace, and which, according to Loudon, is the one that is depicted by Rubens, and by the later Italian painters, as the reed which was borne by our Saviour.—*Illustrated London News*.

HOUSE AND HOME.

By MRS. J. M. O'CALLAGHAN.

DESOLATE is that destiny
That owns no sacred earthly tie,
No fond endearments of a home :
Where ministering angels come,
Where in the look of each fond face
The gazer can each feeling trace.
These are the links that firmly bind
The weary heart, the restless mind,
The training plants that fondly cling
Around affection's hallowed spring.

Quaffing its waters pure and bright,
As Phœbus drinks the dews of night ;
Yet, unlike him, they'll thirst for ever.
This fount and flowerets may not sever.
It bathes their leaflets soft and fair,
And washes off the dust of care.
It scatters o'er its flawless gems,
And they are crowned with diadems.
The jewels from affection's spring
Outshine the brilliants of a king ;
For, in the night of grief, we see
Those diamond sparks of sympathy.
Without their bright transparent gleam
In vain artistic beauties beam.
In vain the glittering fountain falls
Mid blossoms rare in costly halls.
And wealth, with all her golden power,
Robes in refulgence every hour ;
Touching the soul through every sense,
Making the air with beauty dense.
In vain are these, if not within
There gleams those gems no wealth can win :
Those gems of tender acts and words,
Melodious as the songs of birds.
'Tis these alone, 'tis these that give
A nest wherein the heart can live.
The electric sympathy of love,
A reflex from the world above
Is equalled not where'er we roam,
'Tis that alone makes HOUSE and HOME.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime ;' 'Infanticide ;' 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER II.

(Continued from page 128.)

THE CONSTITUENTS OF AN INFANT.

IRON is one of the most valuable mineral elements in the blood. The presence of this mineral is essential to the changes that are carried on in this important fluid. The amount of iron present in the blood-cells (hæmatoglobulin) has been estimated at 7·7 per cent. of the whole, so that the total quantity in an infant weighing fifteen pounds would be about four and a half grains of iron, and this amount is of infinite importance in assisting to maintain the due proportion of solid and watery constituents of the vital fluid. It is to the absence of iron, and its due physiological action, that gives rise to the disease known as watery blood (anæmia). In scrofula there is not only a want of the proper proportion of red corpuscles in the blood, but also a deficiency in the power of elaborating fibrin. The normal quantity of water and all other substances is maintained in the healthy body by the excess being eliminated by the excretory organs : viz., by the skin, kidneys, lungs, etc. Hence the necessity of maintaining these organs in a state of active efficiency. The organic compounds of the body are of a very

complex nature. They are classed under two heads: 1st. White-of-egg (albuminous) substances, or azotised, and those derived from them; 2nd. The non-azotised, which include the oils (oleaginous) and sugars (saccharine constituents) of the body. Thus the organic substances which build up the system approximate most nearly in their composition to those substances which are familiarly known as white-of-egg, sugar, and oil. The albuminous compounds have a complicated combination, and the various atoms possess but feeble chemical affinity for each other; consequently they easily separate when received into the stomach, under the digestive process. They undergo decomposition, and their constitution is modified by the action of the digestive juices, which render them soluble, and thus facilitate their absorption into the blood. In this way they become dissolved in an alkaline fluid and exposed to rapid oxidation by being brought into contact with the atmosphere by the act of respiration. Then, by means of the circulation, these particles are conveyed to the various tissues of the body for the renewal and maintenance of the organism, and also for the development of those albuminoid constituents which are formed in the secretions of the organs of the body. These substances may be regarded as the immediate derivatives of albumen. The albuminous substances partake of the character of the special organs by which they are modified. Thus albumen is converted into peptone in the stomach during digestion; that is, it becomes a modified form of white-of-egg, and is essential to digestion. The organic base and active principle of saliva, by means of which starch is converted into sugar, is derived from albumen. That is to say, the glands in the mouth so modify white-of-egg (albumen) as to form this derivative, known as 'ptyalin.' There are other active principles that are necessary for the digestive process that are also modified in the same way by the glands from which they exude. Thus pepsin, which is formed in and derived from the stomach, is an albuminous substance. It is well known, from the various preparations of it that are commonly sold by chemists. Pancreatine, also, is derived from albumen, being elaborated by the sweetbread (pancreas). This is sold also, in combination with fats, as pancreatic emulsion, the great use of the pancreatic fluid being to render the fats soluble by emulsifying them. All these operations on the white-of-egg substances in the food must be duly performed, or there will be a failure in digestion, and consequently in nutrition. The next group of structural materials are those classed under the head of the non-azotised, or those that do not contain nitrogen. They are the sugar (saccharine) and fat (oleaginous) compounds. The principal sugar compounds are milk-sugar, grape-sugar, liver-sugar, and muscle-sugar. These various sugars have been shown to be derived from sugar (saccharine), flour (farinaceous), and white-of-egg (albuminous) compounds. It appears that it is a function of the liver to decompose certain white-of-egg (albuminous) compounds and convert them into liver-sugar. A substance very like sugar may be formed in the body from the fatty (oleaginous) compounds. It is therefore evident that the chemical operations conducted in the body are such as to permit the elaboration of sugar-like bodies from both classes of food: viz., the azotised and non-azotised compounds. Though there is this great facility for the manufacture of sugar-like bodies in the animal economy, very little of it remains permanent. It appears

that the transitory existence of sugar is explained by the fact that it is on its way to other progressive chemical changes. When these changes are interfered with, and the further conversion of the sugar arrested, a disease known as 'diabetes' is induced. In these cases the sugar is eliminated by the urine. The permanent and normal quantities of the sugar in the tissues, though small, is of very great importance. It plays an important part in assisting to keep the carbonates and phosphates of lime in a state of solubility, and thus fitted for the purpose of tissue-growth. The sugar also assists that most important change by which fat is elaborated from albuminous compounds in the body. As a connecting link between the sugar, oil, and white-of-egg compounds, lactic acid takes its place, which is intimately related to all three, but possesses its own individual characteristics; it is not volatile, and therefore can displace some of the stronger mineral acids. The relations of this interesting substance to the various classes of food, and the important rôle it plays in the operations of organic life, cannot here be discussed in detail; suffice it to say that lactic acid is produced by a backward change, through a substance known as 'alanin,' whose pedigree can be traced back to the muscular structures, and then to white of egg in food. To the oil compounds it claims affinity through its likeness to substances produced by the progressive oxidation of oleic acid. Thus, by a backward chemical change on the one hand, and a progressive one on the other, its connection with these two groups is established. From its broad relationships it might reasonably be expected to be widely distributed through the animal economy, and so it is, forming part of the muscular tissue and various pulpy materials out of which tissues are formed. It undergoes rapid decomposition in the blood, and when taken into the stomach, in the form of alkaline lactates, the urine is found to be alkaline through the presence of the carbonates. From the oleaginous compounds taken as food are formed the animal fats, though, without doubt, part is formed from the saccharine and part from the albuminous compounds. When fats are ingested they become minutely divided, and by the action of the pancreatic fluid are formed into an emulsion, ready to be taken up by the lacteals and carried into the circulation. By the action of the gastric juice, fats are decomposed into fatty acids and glycerine. Fatty matters, besides being necessary for the formation of the fatty and nerve structures, are required in the early stages of all cell development. This, in a growing organism, is one of the most important uses of fat. Much more rests on this process than at first sight appears. The whole body may be regarded as an aggregate of cells, which in infant life are continually and rapidly disappearing and being replaced. The individual cells cannot be normal in constitution and vitality without a due proportion of fat being present in their initiatory formation. Sap the foundation of the individual cells, and you undermine the structure. In infancy the proportion of fat is relatively more than in adult life. It serves as a covering under the skin, and assists in the conservation of animal heat by preventing the loss which would occur through radiation and conduction. It supplies heat to the body by combustion. This takes place by the process of oxidation during respiration, and, as we have seen, fat assists materially in early cell formation and nutrition.

(Commenced in No. 33.—To be continued.)

SUGAR AS HUMAN FOOD.

BY WILLIAM GIBSON WARD, ESQ., F.R.H.S.

(Continued from page 30.)

SIXTH ARTICLE.—EXAMINATION CONTINUED OF FALSE TEACHING.

WE may venture the opinion that the statement, '*the use of sugar*' is '*the primary cause of pulmonary disease and of disease of the respiratory organs in Great Britain*,' is silenced. It has been shown that there is no authority or evidence for any such opinion.

So baseless is the notion, that it becomes a matter of some curiosity to know how any man could form such an opinion, and publish it. It would seem that Mr. Storie had got hold of a shadowy notion of the '*functions of the blood*' indistinct and untrue. For he thought that he saw that '*the use of sugar as a food*' induced '*a morbidly acid state*,' stifling all '*the functions of the blood*.' We must rebut the falsity before we proceed to another error. The most important work of modern times on the relations of chemistry to physiology is '*Animal Chemistry*,' by C. T. Kingzett, F.C.S. (London: Longman, 1878). On pp. 57, 58, Mr. Kingzett quoted from *Compt. Rend.* lxxxiv. 450, 452, the observations of Ch. Richet on digestion, gastric juice, etc. 'The highest acidity observed was 3.2 grammes, and the lowest 0.5 . . . The acidity is increased by alcoholic drinks, but diminished by cane sugar.' At once Mr. Storie's position is annihilated.

Quoting again from Mr. Kingzett's learned work, p. 134, he says: 'In a recent paper (*Ann. Chem. Phys.* ix. 207—258) C. Bernard shows that sugar is a vital constituent of blood, and exists in quantities varying from 1 to 3 parts per 1000.' I hope my readers notice the words '*vital constituent*'—not accidental, or occasional constituent, but *vital*—its absence deadly. For so necessary is sugar in the human frame, and so useless is starch as starch, that extraordinary precautions are provided that every atom shall be turned into sugar. 'The pancreatic juice,' says Kingzett (p. 71), 'has the property, in an intense degree, of converting starch into sugar, thus completing any change of this kind that may have been left unfinished by the saliva in the mouth and stomach.' Again, says Kingzett (p. 133): 'That sugar is a normal constituent of blood might be inferred from a knowledge of the various processes occurring in the digestive apparatus which result in the transformation of starchy matters into sugar.'

Mr. Storie has got hold of a truth—that healthy '*blood possesses an alkaline reaction*,'—he has got hold of a truth that there is a '*morbidly acid state of the system*' of some diseased people. Then, too, he may have read that sugar and starch add to the acidity, when there is some indigestion and other disorders. But he cannot discriminate. He can only see resemblances—he cannot discern distinction. He sees in sugar, what no other man sees, that sugar *induces* the morbidly acid state—which it never does—only it may aggravate it when set up by flesh-eating and alcoholic drinking. Milk is the highest type of human food; give it to a drunkard—whose stomach has lost its mucous coat and contractile power—and it sets like lead; and if he cannot vomit it, it kills him. Now, would any one think of charging milk with being always

poisonous, or dangerous? Certainly not. Yet put sugar for milk, and one wrong state for another, and this is exactly what Mr. Storie does.

Nothing is clearer in physiological chemistry than that sugar and starch are one article, after natural processes have changed the starch to sugar.

Mr. Storie has some very original views of oxygen, but quite as erroneous as they are new. But he marches on boldly, until he comes to '*pathology*,' and mistaking the meaning of the word, he places *diseases* outside it!

It would not be safe for me to appear to pass lightly over the '*morbidly acid state of the system*,' so common amongst flesh-eaters and alcohol-drinkers, and so widely disastrous in its results. With the putrescent state of the blood from the same causes, they may be said to be the cause of small-pox, of rheumatic and other fevers, of cancer, of gout, and too many more diseases to particularise here. The riotous eaters of flesh and the drinkers of the drunkard's poison, are exactly those persons who suffer from the acid state of the system, and are exactly those persons who avoid sugar and sugar-confectionary. The carbon they require they get from alcoholic liquors; the fat they take helps with the alcohol to set up the morbidly acid state of the system. Fat is split up into two acids and glycerine in the human system. The acid state induced is accompanied by a reduction of the alkalies of the blood, and then the oxidation of the carbons is impeded, and fatty degeneration of heart, liver, and kidneys, or one of them, follows. It is scarcely possible to exaggerate the deadly effects of wrong and unnatural diet. The attention of the public should ever be directed to the evils of a flesh diet and alcohol drinking.

Without doubt the medical faculty are extremely blamable in every way in relation to diet. One of the eminent and successful practitioners of the metropolis, who draws many thousands a year from sick and deluded people, lately ordered a lady seriously troubled with gout to avoid vegetables and fruits, and eat flesh at every meal, and take quinine in large quantities. Of course she rapidly grew worse and more afflicted, and appealed to me. Now she is improving, and will recover.

Then, in the serious disorder of diabetes they order sugar and starch to be wholly avoided as food; but they effect no cures by the unnatural process. More, the notion under which they act is an erroneous one. Again I quote from the valuable work of Kingzett: 'With the view of testing the prevailing theory of diabetes, Dr. A. Dupré made some experiments. . . . He administered known amounts of fruit-sugar (in the form of honey) to a diabetic patient, and estimated the sugar voided in the urine. In this way it was shown that all the fruit-sugar contained in the administered honey was oxidised in the system. It therefore becomes clear that diabetes is not to be explained as due to a lack of oxydising power in the blood' (pp. 114-115). This statement is confirmed by another quoted by Kingzett: 'Bernard's observation that an artificial diabetes (glycosuria of Pavy) can be developed in dogs and rabbits by irritation of the fourth ventricle of the brain with a needle, whereby sugar is developed in the blood and passed in the urine' (p. 115).

The decision of scientific research must be very humiliating to our medical practitioners. Kingzett, quoting and endorsing

the views of Thudichum, sums up the matter in these words : ' Thus, in spite of all the researches which have been made on these vexed questions, we are left without a plausible theory or a rational treatment of diabetes.'

I make one more quotation from Mr. Storie's pamphlet : ' From 16 lbs. per head per annum in 1838 it has risen to 57 lbs. per head in 1874, or one pound additional of sugar per head for every additional thousand deaths during that period, acting on the life of the community as surely as if so much deadly poison had been blended with its food supply. And this is not all, as for every death caused by the use of sugar there are at least ten cases of sickness.'

I need not analyse the statement. I cannot measure the absurdity and wickedness of the false charges. I leave them to the reader's discernment and reprehension.

If Mr. Storie had defiled a neighbour with foul slanders as he has the article sugar, he would have been liable for damages in an action for libel.

As for me, pained as I was continually by the statements of Mr. Storie, I did not feel it my duty to discuss him publicly until the following statement appeared in the *Dietetic Reformer* : ' In his first paper on the increased use of sugar Mr. Storie points out, with much aptness, how nature in each climate provides the elements of food specially suited for its inhabitants, the highly oxidised substances being prominent in the torrid climates, whilst the carbon element goes on in increasing measure as the temperature decreases. Sugar develops that morbidly acid state of the system so closely connected with pulmonary disease. In a climate like that of Britain, to constantly inhale oxygen, and to meet it on the external surface of our bodies, and at the same time to add to this amount by highly oxydised foods, disarranges the due proportion of nitrogen, carbon, and oxygen in our systems. In this way, the carbon being decreased and the oxygen increased, the absolute reverse of that state which a more northerly climate needs is brought about and established in our bodies' (p. 52, 1879).

These absurdities and crudities I do not intend to unravel.

In conclusion, let it be understood that, while sugar is an important food for the human race, it is but one of many foods required ; that starch or farina is generally cheaper ; that albumen and other nitrogenous matter is required ; that the salts of the blood, the alkalies, should be provided by green vegetables, by celery, by potatoes, and fruits. Let it be further understood that parents may safely gratify their children's desires by treacle on porridge, by barley-sugar, and toffy ; that they may indulge themselves in sugar and sugar confectionery whenever they feel an appetite for them. Such an appetite may be regarded with pleasure, as a proof that their natural taste has not been perverted by flesh meats and alcoholic drinks—that they have hopes of health, having a natural desire for sugar.

SCHOOL FOOD.

THE complaints that have recently appeared regarding the indifferent nature of the food supplied at many of our chief schools open a grievance of ancient date. As a rule, however, the dietary at our large schools has greatly improved during the last twenty years, and the chief faults to be found with most of them lie not in the quantity and quality of the food supplied, but in the bad arrangement of

the meal hours, and faulty management of the housekeeping department. In many cases boys assemble in the schoolroom at 6'30 or 7 a.m., and wait there fasting till 8'30. As the last meal, and that only a light supper, has been taken some thirteen hours previously, the stomach is exhausted, and unable to digest a plain and substantial breakfast, and the appetite consequently needs provoking with lighter and more relishing food than the school table affords ; hence the lads turn with disrelish from the simple fare before them. This condition is no fit preparation for the dinner time, and the digestion of the solid joint and pudding. We believe if the practice were generally instituted of giving the boys hot milk or coffee, with a biscuit or crust, when they first rise in the morning, before going into school, their stomachs would be in a better condition to digest the more substantial breakfast later on. But even when this plan is adopted, and no complaint can be made against the liberality of the supply, the food is rendered unpalatable by bad cooking and slovenly service. Meat dried to a chip, moistened with thin lukewarm greasy gravy, served on a cold plate, with waxy potatoes, and greens sodden with water, may be found on the table of many first-class schools, whose masters boast that they contract for provisions of the best quality, and that the supply is practically unlimited. Such shortcomings must invariably happen if the master is ignorant of domestic matters, or leaves this department to an inexperienced wife or perhaps still more inexperienced sister. Where this is the case nothing can mend matters unless he is fortunate at length in securing the services of an honest and a competent housekeeper. Under any circumstances, however, the master ought not to be above a knowledge of domestic detail, certainly in regard to such an important matter as food. He might, at least, see for himself that the joints sent to table were well cooked and full of gravy, and had not been pricked by the cook to augment her perquisite of dripping, and that the potatoes, bread, butter, tea, sugar, etc., were really of the quality contracted for. If masters knew more of these petty details they would save enormously in their house expenses, and their boys would be contented and thriving. With plenty of good, well-cooked beef and mutton, sound bread, sweet butter, and honest cheese allowed him, the school-boy who craves for something more luxurious is either too delicate for school life or stands in urgent need of a dose of physic.—*Lancet*.



CURRENT OPINIONS AND EVENTS.

DR. NORMAN KERR, whose efforts to promote temperance are both continuous and judicious, opened a new coffee-tavern at 182, Tottenham Court Road, on Saturday last. Mr. Frank Debenham, of Wigmore Street, also assisted at the ceremony. The latter gentleman stated that although not always profitable to their proprietors, coffee-taverns were productive of great good to those who used them in preference to the ordinary public-house. In this opinion our readers generally will concur.

Not only are efforts being made to provide the public with refreshments apart from intoxicants, but temperance music-halls are being established. At Islington Green Mr. Dunn has tried the experiment of giving a good entertainment without the drink, and he has met with a measure of success which we hope will lead to the establishment of a permanent institution there. One evidence of his success is to be found in the strenuous opposition he is receiving from neighbouring publicans, as well as from the proprietor of an adjacent music-hall.

At the Great Central Hall, Bishopsgate Street, the experiment has been successfully tried for several years, in connection with the East Central Temperance Society, of which Mr. George Ling is the active hon. sec. This hall, which has been closed for repairs for several weeks, was reopened on Saturday last with an excellent concert. The proceedings were of a character most encouraging to the promoters of the scheme.

The distinguished authoress, Mrs. S. C. Hall, whose pen has been busy throughout the last half-century in producing literature of a popular but pure and elevating character, performed the interesting ceremony of unvailing a memorial window, on Saturday last, to the poet Moore, the late friend of her husband. The window is placed in the parish church of Burnham, Wiltshire, and is the result of an appeal made by the veteran *litterateur*, Mr. S. C. Hall.

Mr. Alderman Mechi has been directing attention to the importance of utilizing the sewage of London, and other large centres of population, for agricultural purposes. He contends that most of the difficulty of agriculturists could be obviated by this means.

In the meantime, the unsettled state of the weather is adding to the difficulties of farmers by impeding the harvest operations. The almost incessant rains in some districts seriously embarrass agriculturists.

Miss F. P. Cobbe has an able letter directed against the practice of vivisection in the *Daily Chronicle* of Tuesday last. She declares that 'the more we inquire respecting vivisection, the more widespread and deep-seated an evil we find it to be—the more threatening of misery to myriads of harmless animals, and the more hardening and demoralising to the generations of men who will be brought up to practise or witness it, should it be suffered to continue to disgrace our civilisation.'

HOME FOR THE CHILDREN.

BY MRS. E. M. LUMSDEN.

(Continued from page 131.)

POINT out the error and show them the way to do better; appeal to the higher nature within them, so that the doing what is right may be made to proceed from the appreciation of its excellence and superiority, not from the mere craven fear of blows and stripes. Deprivation of privileges or amusements, curtailing of rewards, isolation from the family circle, the altered look on the face where affection was wont to beam, may be all tried as effectual means of punishment.

But there is one motive higher than any of these, whose influence, brought to bear upon the young soul, is the best and noblest incentive towards good, whose lamp, once lighted by the mother's hand, will be a light to the eye and a guide to the feet, not only in the days of childhood, when the parent's fostering care folds them like a mantle, but through the darkest hours and most perilous by-ways of after-life—ay! through 'the valley of the shadow of death'—when they shall traverse that dim pathway which every child of Adam must walk alone. It is religion. The prayer learned at the mother's knee is with us to the last. In our dangers and trials the first word that rises to the lip is 'Our Father.' On the wild waves of the storm-lashed sea the sailor remembers it in his hour of deadly peril, and it pierces the thunder and smoke of the battle field from the lips of the dying soldier.

Sow the blessed seed of religion in the domestic circle; let family prayers begin and end the day, and the word of God be a familiar book on your table, by which your own life, and the lives of those around you, is modelled, and you are giving your

little ones the highest moral training this world affords. Here, too, the intellectual element may be developed from its rightful source, the religious. The Bible stories and history unfold a wide and varied field of study, both of the universe and human character, before the youthful mind—the creation, the deluge, the dispersion of the human race to people and cultivate the earth, the fortunes of the Jewish nation and its contemporaries, the era of Christ and his mild doctrine of love, all are studies in themselves of the most useful kind. The language of the Scriptures, too, is the purest and most correct, as well as the sublimest we possess, and no matter for what lot the child may be destined, whether the workshop, the counter, or the higher walks of life, its maxims and stories will be found of golden value in every department. Our ablest poets and writers have derived some of their noblest themes and grandest conceptions from the Scriptures; and the most distinguished speakers in our present Parliament enhance their ablest speeches by quotations and effective illustrations from the same source, and it is the highest and best book of literature that can be placed in the hands of the young. The extent to which parents can aid in the intellectual training of their children must, of course, depend, in a great measure, on their own advantages; but all who possess the merest rudiments of education can help by encouragement, and, in this age of unrivalled cheapness in literary production, by procuring good and instructive books for home-reading. Is there a more cheering spectacle on earth than the warm fire-side, when the lamp is lit and the shutters close out the winter wind, and the family circle gather round the cheerful blaze: the father in his arm-chair reposing after the toil and burden of the day; the mother, with some domestic employment in her fingers, knitting or sewing or mending for her young flock, whilst in turn the children read from some work of history, or biography, or poetry, or travel, to wile away the hours, thus combining amusement and instruction in their pleasantest form? Emulation and attention are stirred in the group by a series of questions issued by the parents on the subjects just read—the meaning of particular words or passages, the date of certain epochs. Discussion and narrative ensue, and are liberally encouraged, and the foundations of thought, judgment and retentiveness of memory laid. Then the 'home lessons' follow, the parents superintending with loving eyes, praising the diligent, reproving the idle, and insisting on a full and careful execution of the duty in hand before it is relinquished. Toil is cheered on, idleness and negligence strangled in their birth, and a noble foundation for a worthy future laid. Amusement, too, as I said before, can be placed under contribution for the work of intellectual development—charades, the rendering of dramatic scenes, choice pages from our best playwrights, being selected, when correct accent, expression and elocution are developed; domestic spelling-bees and family concerts organised, prizes being awarded to the most efficient in each department, thus eliciting a spirit of competition which is the life of intellectual training as well as of trade. I could say much more did space and time permit. These, however, are a few of the most prominent outlines in the chart of domestic training for children, and of rendering home a happy and blessed spot for them; and if my feeble efforts have cast a ray, however faint, on so noble and wide a subject, they will have found their reward.

'Q. E. D.'

[TEMPERANCE.]

By J. M. O'CALLAGHAN.

IN *House and Home* of August 30th, allusion is made to the 'origin of the word teetotal,' and to my having given a definition of it in the *Athenæum*; and that 'the question is an unsettled one' to this day. That is not my fault. My definition of the word in the *Athenæum* was in 1869, but last year I furnished a publisher with a manuscript, giving the origin and meaning of 'teetotal,' derived from various sources, viz.: from the hieratic writings of the Egyptians, and 'Dictionaire Hieroglyphique,' Par Henrie Brugsch, Leipzig, 1867, and from dictionaries of the Greek, Sanscrit, Arabic, Irish, François-Celtique, and Dutch languages, together with the application of the stem-word *tot* and its various modifications of *tote*, *totle*, *totill*, *total*, *totality*, and the amplification of the word *ttotal* or 'teetotal,' as it has been pronounced in the every-day language of the people, and improperly pronounced from the original word being spelt in Irish with a double initial 't.'

I gave the stem word 'Tot' from Bailly's edition of Faccioletti's Dictionary, 1862 (Appendix), and its application in the Latin vulgate, *i.e.*, *Sapient* xiv. 22, and the English application of the word from the 'Ayrshire Legatees,' Jan., 1821, Blackwood, and also from the 'Entail,' part i., p. 26, 1826. 'Tote' I gave from Gerrald Griffin's 'Collegians,' 1829; 'Totle' (which, with the initial duplicated, gave the word *ttotle* or *teetotal*), from Dr. Maginn's 'Whitehall, or George IV.' The noun, *total*, I gave from Chaucer's 'Ploughman's Tale,' 1385; 'Totality' from Lord Bacon's 'Advancement of Learning,' 1605, and the first English form of the word 'Total' from Milton's 'Paradise Lost,' 1667.

In Sir James Spence's 'Tour in Ireland,' in 1829, he notices the word 'teetotally' used as an adverb in the every-day language of the working classes; and I have testified in the *Athenæum* and elsewhere to having heard the word commonly used, especially after the cholera subsided in Ireland, in 1832.

The intercourse of Irish working-men with the working-men of Liverpool, and other parts of Lancashire, gave currency in England to a word which has been in common use in Ireland ever since they began to speak English; hence a working-man in Preston, in Lancashire, incensed at the 'botheration of the moderation pledge,' in 1832, indignantly protested against it, and proposed to abstain 'tee-tee-teetotally,' as he was wont to say in his every-day language. Our venerable temperance advocate, Mr. Joseph Livesy, who was present, wanting an expressive word, immediately adapted Dickey Turner's suggestive word 'teetotal.' It was no coined word, however, but a word of common currency; and, by a singular coincidence, had Dickey Turner been the most erudite philologist in Europe, he could not have furnished a more appropriate word for 'entire destruction' of the liquor traffic than 'teetotal,' derived as the word is from the Irish word *ttodhail*, pronounced teetotal by the English-speaking Irish working-classes aforesaid. 'Ttodhail,' which means 'entire destruction,' has been a dictionary word long before the word 'Tory' assumed its English form, of which Hallam in his 'Constitutional History of England,' vol. ii., p. 592, says: 'Though it is as senseless as any cant term as could be devised, it became instantly as familiar in use, as it has since been continued.' 'Tory' was not at all a noun originally, but rather the compound of a preposition and a noun, *i.e.*, *taobh* and *right*, for, or, concerning the king, *toarie right* was pronounced *toarie*, hence your loyal and aristocratic term 'tory.' Now I beg to submit, that *taobh right* is a more anomalous basis upon which to form such an etymological transmutation as the simple noun 'tory,' than is the word *ttodhal*, from the same language, to form the mutation of teetotal.

House and Home, before quoted, states 'no investigator has

hitherto succeeded in finding the word (teetotal) in print anywhere prior to its use by Turner in 1832.' That is very true, even if Turner did use it in 1832, which he did not (as applied to the temperance movement, it was in Sept., 1833, in the 'Cock Pit,' he used it); but, prior to 1833, or even '32, the word had been in common use. It is also true that no investigator ever found the word 'tory' in print anywhere before the reign of William and Mary, although Rapin, in his 'Dissertation sur les Whigs et Torys,' 1717, p. 34, tells us that 'the term tory was first applied to certain brigands or outlaws of Ireland, in the time of Charles I.; and the same banditti were known under the name of Rapparees. The Rapparees, or partizans of Phelim O'Neil, called themselves, and were designated by others, as the king's party, that is *Taobh-Right*. The partizans of Lord Beaconsfield, in the reign of Queen Victoria, would not surely designate themselves rapparee or banditti, but rather torys. The word 'whig,' from the Celtic also, is from a more complicated origin than that of tory even. It is derived from *co-thuisge*, pronounced *cuigse*, and means covenanters, or persons entering into a covenant against the law—a covenant against which the partizans of Mr. Gladstone would surely protest. Again, how many philological 'investigators' are prepared to say when the word 'caravansary' first appeared in print? That word is derived from two Arabic nouns, *carawan*, an armed body of travelling merchants, and *sarai*, a fortified square enclosure for the accommodation of travellers. The word 'balcony' is also derived from two Arabic nouns; *bala*, high, and *khana*, an office, or place of, or for, any special purpose. It is not because philological investigators are not prepared to say when such or such a word first appeared in an English form in print that the word ought, in consequence, to be rejected, though sanctioned by the usages of society, and by common consent adopted by etymologists and lexicographers. But, with regard to the word 'teetotal,' its transition from its original *ttodhail* requires but little elucidation; the 'dh' of the original is in point of fact but one consonant, *i.e.*, a 'd' with a dot over it, which might easily be modified into a 't'; and with regard to the duplicated initial, that was certainly an orthographical error. Many other words of the Irish language may, with like propriety, have their initials duplicated; thus the most pre-eminently expressive term for the Creator, perhaps, of any language in the world, is the Irish phrase, in which the initial 't' is also duplicated, *ttosach gan ttosach*, the beginning without a beginning; again, in Jeremiah l. 22, we have a word which would not admit of its initial being duplicated in utterance, although it is duplicated in print; the word *ttir*, country or territory; thus *Ata toran catha ansa ttir, agus ttodhailach (nu aidhvilleadh) mor*, 'there is a noise of war in the land, and of great destruction.' From the Irish *tir*, we have the Latin *ter*, which has the same signification, according to Valpy. The Egyptian *ter* is represented by the hieroglyph of a circle, and sometimes by a serpent with his tail in his mouth; it may be seen in the sarcophagus of Seti I., in Sir John Soane's museum, and in the legend of his son, Ramesis the II., on the obelisk called 'Cleopatra's Needle,' which now stands on the Thames embankment. The hieroglyphic circle *ter* means also entire, complete, etc. Here we have the origin of the Irish word *tir* above quoted, from the Book of Jeremiah—the entire land, or total region. The entire land or territory of Hugh O'Neil was called Tir-Owen, after his predecessor, Owen Rua O'Neil. It would not take a very great 'investigation' to ascertain when the territory of the O'Neil's first appeared in English print as the 'County Tyrone.'

Let it not be thought that the word under discussion, 'teetotal,' owes any descent or lineage from the Latin, as I have seen it elsewhere stated. It owes its origin to a language which was taught by the father of Gaedhal (after whom the Irish people and language have been called) at Capocirant, near the city of Heliopolis, and where Moses went to school too, long before the Latin kingdom was formed, and long, too, ere Romulus and Remus had been suckled. Teetotal, in short, was not minted in a die of the nineteenth century, nor moulded by a Preston coiner; it has the ring of the true genuine Irish mint mark, and the stamp of the first current production,

to-day, on the face of it, albeit stamped lately with an English die.*

'The question is an unsettled one,' quoth *House and Home*. So also thought *The Newcastle Chronicle*, in an issue a few weeks ago; so also say some scribblers in 'Notes and Queries, ergo, Q. E. D.' But, instead of *Quod erat demonstrandum*, I may surely be permitted to say 'Q. E. D.' also; but my monograph reads, *Quod est demonstrandum*. The question remains no longer *to be demonstrated*, but *is*, and hath been, ere now, fully demonstrated.



THE PEN-AND-INK PARADISE.

By A. A. READE.

AMONGST the numerous social questions which demand urgent attention is one relating to the condition of clerks. What can be done to improve their social position? What can be done to reduce the supply? Even in good times the supply is greater than the demand, but in bad times like these, when failures in large concerns are of daily occurrence, the surplus is very greatly increased. In consequence, a single advertisement in the papers brings hundreds of applications. One of the London charities recently advertised for a gate-porter at 28s. a week, and there were upwards of 850 candidates. At Manchester, also, 1800 applications were received in answer to an advertisement for a clerk, 500 for a book-keeper, and 800 for a junior clerk at 15s. a week; some of the applicants producing University diplomas.

Clerks are certainly a very hopeful class, as shown in their answering advertisement after advertisement without result; but it is evident that answering advertisements is comparatively useless. What to advise them to do is difficult. They cannot dig; to beg they are ashamed, and, even if they were not, begging is prohibited by Act of Parliament. They can, in fact, rarely turn their hands to anything. In the majority of cases their wages when in work are little more than sufficient to provide food and clothing, as they are, in the majority of cases, considerably less than those of day-labourers. How they exist when out of work is a mystery. Some few make provision for a rainy day, in some instances, as in Manchester and Liverpool, by joining the Provident Clerks' Association, which, for a subscription of from 2s. to 3s. a month, provides pay to members when ill, and when out of situation. The association also helps its members to obtain situations, and thus confers a threefold benefit. In these times, however, there are few situations to be had.

Bad times apart, a large proportion of clerks have no one to thank but themselves and their parents for their poverty. To be able to read, write, and cast accounts are not now high qualifications; but some cannot even do one of these things well. There is, therefore, room for improvement in their education, which should embrace something more than the three 'R's.' At present the most lucrative situations in com-

mercial houses are held, not by Englishmen, but by Germans many of whom can write and speak three or four languages. An English clerk, on the contrary, knows nothing but his own language, and that, as a rule, but imperfectly. To obtain reasonable wages as a clerk, a special knowledge of languages, of shorthand, of commerce, is now indispensable. The Society of Arts is doing something to enable clerks to improve their position, and is issuing 'Certificates in Commercial Knowledge, to those members who pass in three subjects, two of which must be arithmetic and English.

Unfortunately, clerks cannot combine like other classes. Their work is not considered skilled, and they are recruited, not from one, but from nearly *every* grade of society. Mr. C. E. Parsons, of Newport, Mon., recently published a pamphlet in which he suggests the establishment of an 'Institution for the Classification and Registration of Clerks, presided over by a Managing Director and an Examining Committee, wherein all applicants for certificates shall be classified into distinct grades in accordance with the qualifications of such candidates.' That there are difficulties in the way of the general adoption and application of his scheme Mr. Parsons admits; but he affirms that they are not insurmountable, and that in competent hands such a plan would work very successfully, and be of advantage to all concerned. But one of the parties concerned is the employers, who, as a whole, show no willingness whatever to promote the pecuniary interests of their clerks. In our opinion, the most feasible plan is to reduce the supply of clerks by teaching trades. Youths should by all means avoid the calling. It used to be thought a great thing for a young man to be able to get his living with his coat on his back; but this folly and fallacy are being exploded—slowly, it is true.

The value of a trade it is difficult to over-estimate. Briefly, it would enable its possessor to earn good wages so long as there was work to be got, and when there was none in one town he could travel to another; it would make him more manly, and less servile. As it is, the clerk is a slave to his master, who can dictate his own terms. Should any offence be given, the clerk is dismissed, probably without character: and once out, it is difficult to get in. Clerks unquestionably lack the independency of skilled artisans, who in most cases need no character, who can dictate their own terms, and who are seldom out of employment, except when trade is exceptionally bad, or when too drunk to work.

What, however, can be done to reduce the supply of clerks? The School Board might do much to remove the very prevalent idea that it is degrading to be a working-man, and gentlemanly to be a clerk; but we think that the learning of a useful trade should be made compulsory. It should form part of a lad's education, and parents ought to consider it their bounden duty to give it. At present, they like to see their sons dressed in broad cloth, and consider that to drive a quill is higher than to make a chair, to build a house, or construct a steam engine. We do not overlook the restrictions imposed by trade unions upon the admission of apprentices; but in the interests of the public weal we urge the abolishment of such restrictions, and with Mr. Gladstone, we urge that working-men should for themselves, and especially for their children, try to elevate handicraft, and not to escape from it into the supposed paradise of pen-and-ink.

* The last that we hear of the word 'Teetotal' in composition, applied in any other sense than that of drinking, is, strangely enough, applied to *eating*. In 'Dinner Real and Reported,' Blackwood, December, 1839, it is thus given: 'A dinner was an ugly little parenthesis between two still uglier clauses of a *teetotally* ugly sentence.' The writer of the article above-named was doubtless not aware how *entirely* the 'teetotallers' had made their own of the word in question: no one would now think of applying it in any other sense, than of abstinence or abstinence from drink.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.'

Tennyson.

Whoever feels pain in hearing a good character of his neighbour, will feel a pleasure in the reverse. And those who despair to rise in distinction by their virtues, are happy if others can be depressed to a level with themselves.—*Franklin*.

Fortune is ever seen accompanying industry, and is as often trundling in a wheelbarrow as lolling in a coach and six.—*Goldsmit*.

If a man does not make new acquaintances as he passes through life, he will soon find himself left alone. A man should keep his friendships in constant repair.—*Johnson*.

No one can lay himself under obligation to do a wrong thing. Pericles, when one of his friends asked his services in an unjust cause, excused himself, saying, 'I am a friend only as far as the altar.'—*Fuller*.

There is nothing more becoming any wise man than to make choice of friends, for by them thou shalt be judged what thou art; let them therefore be wise and virtuous, and none of those that follow thee for gain; but make election rather of thy betters than thy inferiors, shunning always such as are poor and needy; for if thou givest twenty gifts, and refuse to do the like but once, all that thou hast done will be lost, and such men will become thy mortal enemies.—*Sir W. Raleigh*.

In conversation, humour is more than wit, easiness more than knowledge; few desire to learn, or think they need it; all desire to be pleased, or, if not, to be easy.—*Sir W. Temple*.

One of the best rules in conversation is, never to say a thing which any of the company can reasonably wish we had rather left unsaid; nor can there be anything well more contrary to the ends for which people meet together, than to part unsatisfied with each other or themselves.—*Swift*.

The road to fortune is through printers' ink.—*T. P. Barnum*.

The shortest and surest way to live with honour in the world, is to be in reality what we would appear to be; and if we observe, we shall find that all human virtues increase and strengthen themselves by the practice and experience of them.—*Socrates*.

People should shine as lights in the world, but not put the candle in a draught or doorway. It is better, no doubt, as they say, to wear out than to rust out; but the weights of a clock may be made so heavy as to damage the machinery and make it run down before the proper time. We have no more right to shorten our own than another's life, and the duty of self-preservation, which instinct teaches, is one which the Bible enforces. A knowledge of the ordinary rules of health ought, therefore, to be regarded as one of the most useful branches of education; and, considering how easily they may be acquired, and how many diseases are spread and lives lost through the neglect of them, it is astonishing that they are not taught in all our schools. Were these rules learned to be practised, and were people to observe moderation in all things, abstaining especially from every cup stronger than that which cheers but not inebriates; and were our working-classes as well-clothed, and housed as they might be were they to abstain from the use of expensive and dangerous luxuries, thousands of lives would be saved, thousands of accidents and diseases averted, and the threescore years and ten would probably prove not the ordinary limit, but the ordinary average of human life, as many living beyond that period as died before it.—*Dr. Guthrie in his Autobiography*.

If a man desires to be respected by the world, he must begin by making himself regarded with respect by his own family; not, however, through the slavish dominion of fear, but by the higher considerations of love and esteem.—*L. Bell*.

THE HOUSEWIFE'S CORNER.

A SALLY LUNN.

To two pounds of flour, take a pint and half of milk with a bit of butter the size of a walnut; when a little warm, put to it three well-beaten yolks of eggs, three or four spoonsful of well-purified yeast, and a little salt; mix the whole together and let it rise an hour; then make into cakes and lay them on tins lightly rubbed over with a little butter; let them stand on the hearth to rise about twenty minutes, covered with a thin cloth; then bake them in rather a quick oven.

A VERY GOOD AND CHEAP SOUP.

Take turnips, carrots, brocoli, celery, onions, potatoes, cabbage or lettuce, a proportionate quantity of each; slice them and put them in a pan with pepper and salt, and a proper quantity of soft water; let it boil two hours; then strain the liquor through a hair sieve, and return it into the pan; take out all the stringy and hard part of the vegetables, and mash the remainder to a pulp in a bowl, pass it through the sieve, and return it into the pan, adding an oat-cake, toasted and cut in pieces, and a little flour and butter mixed together; boil it two hours longer, adding any kind of pot-herbs to the taste.

OMELET.

Take five or six eggs, beat them well; add one onion cut small, two tablespoonsful of bread-crumbs and a little sage; mix all together and season with pepper and salt; fry it either the size of the pan, or in fritters; slice three or four onions, fry them, and lay them round the omelet. Serve them up with brown gravy.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

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Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.

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A Weekly Journal for All Classes

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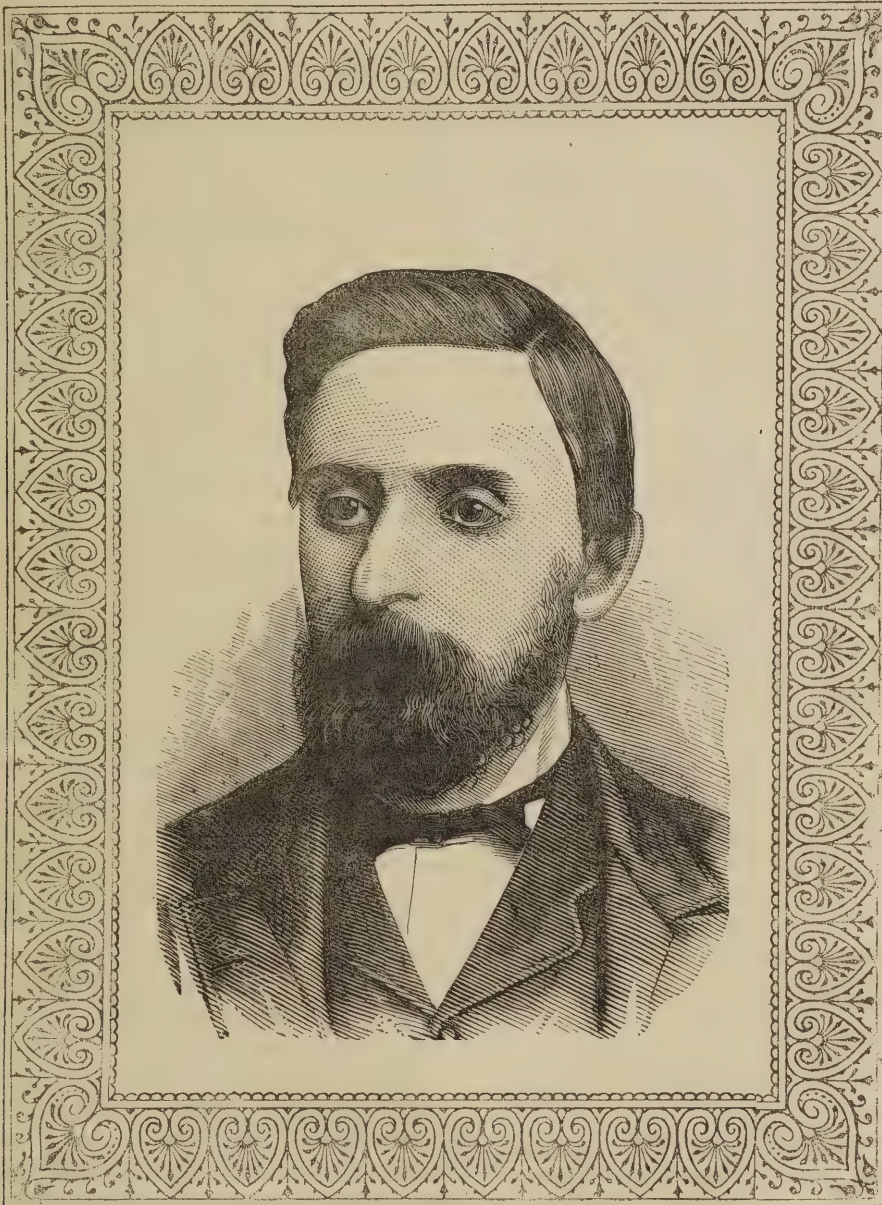
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No. 36, Vol. II.]

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EDITOR AND PROPRIETOR OF THE HOUSE AND HOME.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: SEPTEMBER 27th, 1879.

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MR. GEORGE CLARKE.

(FOUNDER AND PROPRIETOR OF THE LI-QUOR TEA COMPANY.)

WE are writing in part of the premises first used for publishing purposes by John Cassell; the late John Cassell, we had almost written, but that he still lives in the elevating stream of literature for ever flowing from the great publishing house he founded. Few men left a deeper mark on their age than John Cassell. We read of him coming to London in 1838, a raw Lancashire lad, with all his belongings contained in a coloured handkerchief. He was known as the 'Manchester Carpenter' at the various temperance meetings which he addressed in a rough and uncultured manner, but with an earnestness indicative of his genuine attachment to temperance views. For several years John Cassell was an active itinerant advocate of teetotalism. He saw, however, that the mere preaching of abstinence was but the initial step, and that something more was needed; and with a sagacity deserving of recognition, he projected two strong counteractive forces to the inducements to intemperance—harmless beverages and educational literature.

He set up in Fenchurch Street an establishment for the sale of tea and coffee in packets and tins, and these were supplied to agents throughout the country, and in the premises now occupied by *House and Home* he commenced as publisher by the issue of his *Working Man's Friend*, a periodical useful in itself, but notable as having been the pioneer of the vast mass of literature, all educational and elevating in its tendency, subsequently issued from the press of John Cassell or that of his partners and successors, Messrs. Cassell, Petter and Galpin. His packet tea was useful in stimulating and extending the trade, and in increasing the use of the harmless beverage, while his books and publications have been important factors in the education and elevation of the people during the last generation.

John Cassell perceived the value of the two agencies of progress, tea and books, and did more than one man's work in bringing them within the reach of the masses. But the idea of uniting the two, of making the dietetic article, tea, while it administers to the creature comforts of the people, carry with it, as it were, the healthy stimulant of food for the mind—literature—so that wherever the one goes, by a law as certain as that of gravitation, the other follows, was reserved for Mr. George Clarke, the founder and proprietor of the LI-QUOR TEA COMPANY, whose portrait accompanies this sketch.

Mr. Clarke has been in the tea trade for many years, and some three years ago, the idea struck him of devising a scheme for presenting a volume by some standard author with every three pounds of tea purchased. He reflected that while 'to [the multiplication of books there was no end,' yet that by the operation of the School Boards throughout the country, a new generation was growing into life, with an increased capacity for reading: a generation educationally capable of reading and appreciating the best works of our best authors. This presented a grand opportunity for the distribution of sterling literature, as a taste for the pure and elevating once implanted is seldom obliterated. Besides which, literature of a pestiferous kind was increasing, and this, if read, would render the work of the School Board only a questionable benefit. Having had considerable experience in the tea trade, and being a good buyer of an article the purchase of which requires fine taste, good judgment, and great discrimination, Mr. Clarke devised a plan under which the public could be supplied with sound, genuine tea, of fine flavour and quality, at a price as low, or lower, than that charged by ordinary dealers, while at the same time the retail purchaser would receive standard books as bonuses, and the agent a remunerative profit.

Naturally, the question would arise, under what name shall the new project be floated? For, although the great English bard has asked 'What's in a name?' still the matter is one of considerable importance. The name should be in a measure descriptive of the thing for which it stands, and although the term LI-QUOR TEA COMPANY may at first appear inappropriate, still, when we remember that the usage in the tea trade with all careful buyers is to 'liquor' the samples submitted for sale to them, it is easy to understand how Mr. Clarke, foreseeing that success would depend upon the quality of the article sold, rather than on any adventitious circumstances, and that that success could only come by the exercise of the utmost caution and care in the initial step of purchasing, having resolved to 'liquor' all samples before buying, hit on the happy expedient of dividing the word by a simple hyphen, and thus produced the appropriate and suggestive cognomen:

THE LI-QUOR TEA COMPANY.

The name itself is a guarantee to the consumer that a sample of each parcel of tea bought has been submitted to the 'liquor' test.

The palate of the tea-drinker is capable of cultivation. In some districts within the United Kingdom, a rough tea is pre-

ferred; in others, a taste for a finer flavour prevails; in one locality green tea is popular, in another black is most held in esteem. Again, in some regions the tea with leaf unbroken is alone popular, while in others it is used broken and reduced almost to a powder. It is a business and an art so to blend the various kind of teas as to meet these tastes, and we cannot be expected to reveal what are valuable trade secrets. But we may say, as a result of a personal inspection of the establishment on Tower Hill, that we were completely astonished by what we saw during our visit. We looked at the Company first with suspicion, expecting little from it but trashy books and bad tea. Our visit was a critical one. We saw the tea emptied from the original packages as received from China or India, and traced its progress through the various processes of grinding (to slightly break the leaf) blending, mixing, weighing, making up into packets, labelling, and finally packing in response to some agent's order. We examined for ourselves the Congou, Moning, Caper, Assam, Orange Pekoe, Hyson, Gunpowder, etc., and we were surprised to find only teas of the soundest character being used, while about the quality there could be no question. We have since 'liquored' the samples then abstracted for ourselves, with the result of amply confirming Mr. Clarke's judgment as a buyer. We have no hesitation in stating that the teas sold by the 'Li-Quor' agents at 2s. 8d., 3s., and 3s. 4d. per lb., are quite equal in quality to the article sold at corresponding prices by ordinary grocers, and in many instances much better. One element of success then, is secured—the tea is good.

We now turn to the books: and in reply to a question addressed to him, Mr. Clarke informed us that the customers select their own books, and that the range of choice now extends to over 800 distinct works! The books most popular (of which most are selected) are the Bible (in the English, Scotch, and Welsh languages), 'Robinson Crusoe,' 'Uncle Tom's Cabin,' and cookery books, etc., etc. The works of Dickens and Lytton are very popular, as are also some of the leading magazines. In many cases volumes, the retail prices of which are 7s. 6d. or even more, are in stock. The edition of Dickens available, is the well-known 'Charles Dickens' edition'; and that of Lytton 'The Knebworth Edition,' both of which sell at 3s. 6d. per vol.

Having seen room after room, and floor after floor, of warehouses, filled with books from floor to ceiling (the stock on hand numbering some half-a-million of volumes), and having examined the books for ourselves, we can only come to the conclusion that Mr. Clarke possesses equal ability and discrimination in the selection of books and in the purchase of tea, and, consequently, it is no wonder that in little over three years he has 4,500 agents, many of whom are grocers, actively employed in selling the LI-QUOR TEA, or that 30,000 HOUSES AND HOMES in our land are made richer each month by the addition of a volume of such sterling worth as those distributed by the LI-QUOR COMPANY.

DOMESTIC ECONOMICS.—Franklin Hall, Castle Street, Oxford Street, W. On Thursday, the 4th, the debate on Dr. Gover and the Different Aspects of Food was opened by Mr. C. Delolme, and gave rise to some very interesting discussion. The subject was most ably handled by the lecturer, and may be returned to at a future date. The discussions are held on the first and third Thursday evenings in every month, and are established to attain, by means of debate, the truth as regards food in its relation to drunkenness, disease, humanity, and economy,

EDUCATION.

BY FREDERIC TODD.

FIRST ARTICLE.

'My education has been worth to me at least £200,000.'—LORD SELBORNE (*late Lord Chancellor*).

FEW subjects deserve, and certainly few are receiving, more attention in this country than education. When we consider how the whole future of a nation must mainly depend upon the right training of its youthful population, we rejoice that 'this question of questions' has for the past forty years been gradually rising in interest and importance, and is now carefully dealt with by philosophers, politicians, philanthropists, and parents. From all parts and from all parties in the empire has come forth one loud, simultaneous, resistless voice demanding that the people, the whole people, shall be educated. It is no longer regarded as extravagance of the wildest, most visionary kind to assert that the birthright of every child ushered into the national life is its education, as much as its clothing or food. The right to be educated is now an acknowledged right and such steps are being taken to secure for the child's mental and moral nature what for a long time has been granted to its physical nature.

By many persons, however, the term education is seriously misunderstood and misapplied; they speak as if it were one and the same thing with *instruction*, in forgetfulness or in ignorance of the wide difference between the value of these two words. Education, from the Latin *educare*, to lead forth, to draw out, or to bring up, is properly the development and cultivation of the whole of the powers, physical, mental, and moral. It is evidently, therefore, a much greater thing than mere instruction, which means simply to build up, and by adding fact to fact to increase the stores of knowledge. And while education includes the training of all the powers, it is also co-extensive with the lifetime. Hugh Miller, in his charming autobiographical work, 'My Schools and my Schoolmasters,' shows how the training and development of his powers was a life work; every place, every circumstance, and every associate having an influence over him for good or ill. In these short papers we desire to deal with that preparation which a child should receive for its coming adult life. This work is usually divided into three parts—the first, from the time that the child can observe to the age of seven; the second, from seven to the age of fourteen; the third, from fourteen or fifteen to the commencement of manhood or twenty-one. In the first period the home is the proper place for the training, in the second the home and the school conjointly, and in the third the school, college, or apprenticeship finish the preparation.

In ancient times education was confined entirely to the home. When royal or priestly power could make the provision, tutors were provided; but schools are of comparatively recent date, and even now their benefits are almost unknown outside the pale of European civilization. The few schools of olden time were open only to a small and favoured class, and in them the instruction was meagre in quality and quantity, confined to reading in the few books then existing, with committing to memory, and conversation between teachers and pupils. Among the Spartans, the parents alone taught their children;

in Greece and Rome, private schools were here and there aiding parents, and one or two of the emperors give special honours to the teachers and rewards to the scholars to encourage the good work. Charlemagne had the honour of doing more for the education of his subjects than any ruler of early times. He kept at his court an academy of distinguished scholars, and he himself resorted to them for instruction, besides seeing to it that his children were well taught, and with them also the most capable boys belonging to the nobility and other classes were instructed at the court school. He even arranged for a system of national education by issuing, in 789 A.D., his celebrated decree for the improvement of the schools of the empire. Not only every bishop's see and every convent was to have its school for training the clergy and public officers, but every parish was to contain at least one school for the instruction of all other classes. One of the noblest traits in this great king's character was the earnestness with which, in that age of gross ignorance, he laboured for the instruction of his people. The schools of the dark and middle ages, with their rectors, cantors and vagrant or wandering teachers, were often sadly deficient in useful features, and even the doubtful advantages they offered were confined to a few.

In all countries where the Reformation did its good work, the effect upon the schools was marvellous. Germany, perhaps, showed the influence of the new religious freedom the most decidedly. The anxiety of good men, kings and others to provide schools for the people is seen in the numerous bequests of lands and money for the purpose, which became the origin of nearly all our public schools. How many have been indebted to the pious founders it would certainly be difficult to imagine. The number who have passed through these schools would be startling, if we could but ascertain it. In education, as in most other things, THESE are the good old times; not only is the urgent need of general education felt, but measures, the most effective, are being taken to bring about the culture and development of the people, so that, in a little time, ignorance, we may well believe, will not only be inexcusable but impossible.

NOTHING TO WEAR.

AN article in our issue of the 6th inst. upon 'Dress and Home,' from the pen of the Rev. Charles H. Collyns, M.A., has suggested to us the idea of reprinting, for the benefit of our readers, 'NOTHING TO WEAR,' a satire upon extravagance in female attire, from the pen of Mr. William Allen Butler, an eminent lawyer of New York.

We reproduce the lines from the American edition, merely stating that the scene of the poem is laid in Paris and New York. Unfortunately, however, the evil satirised is not restricted to country, locality, or to any class in society. The lapse of a quarter of a century since 'NOTHING TO WEAR' was issued has not brought about any substantial amendment.

We could give striking instances of the pernicious and disastrous results of the extravagance complained of; but we prefer giving the following extract from a paper 'ON THE WASTE OF WEALTH,' read before the Manchester Statistical Society, by MR. WILLIAM HOYLE, Jan 25th, 1873. Mr. Hoyle ably discusses

national waste, in which, he says, 'may be included the waste arising from many of the follies of fashion. A young woman, for instance, of the working classes, wants a new dress. There are half a dozen ways of making and trimming the said dress, so as to make it cost, say £3, £4, or £5, or often much more. The dress costing £3 is every whit as good and useful as the one costing £5, but it has not got all the fashionable trimming which the £5 dress has got; the only difference is that the £5 dress is more cumbrous and ugly than the former, but it is fashionable, and for this idea she pays a couple of pounds extra; she thus pays two pounds for which no useful return is obtained. In the upper circles of society this extravagance reaches, perhaps, to the extent of £20, £30, and sometimes even considerably more for a single dress.'

NOTHING TO WEAR.

AN EPISODE OF FASHIONABLE LIFE.

MISS FLORA M'FLIMSEY, of Madison Square,
Has made three separate journeys to Paris,
And her father assures me, each time she was there,
That she and her friend Mrs. Harris
(Not the lady whose name is so famous in history,
But *plain* Mrs. H., without romance or mystery)
Spent six consecutive weeks without stopping,
In one continuous round of shopping;
Shopping alone, and shopping together,
At all hours of the day, and in all sorts of weather;
For all manner of things that a woman can put
On the crown of her head or the sole of her foot,
Or wrap round her shoulders, or fit round her waist,
Or that can be sewed on, or pinned on, or laced,
Or tied on with a string, or stitched on with a bow,
In front or behind, above or below:
For bonnets, mantillas, capes, collars, and shawls;
Dresses for breakfasts, and dinners, and balls;
Dresses to sit in, and stand in, and walk in;
Dresses to dance in, and flirt in, and talk in:
Dresses in which to do nothing at all;
Dresses for winter, spring, summer, and fall;
All of them different in colour and pattern,
Silk, muslin, and lace, crape, velvet, and satin,
Brocade, and broadcloth, and other material,
Quite as expensive and much more ethereal;
In short, for all things that could ever be thought of,
Or milliner, modiste, or tradesman be bought of,
From ten-thousand-francs robes to twenty-sous frills;
In all quarters of Paris, and to every store,
While M'Flimsey in vain stormed, scolded and swore,
They footed the streets, and he footed the bills.

THE last trip, their goods, shipped by the steamer *Arago*,
Formed, M'Flimsey declares, the bulk of her cargo;
Not to mention a quantity kept from the rest,
Sufficient to fill the largest-sized chest,
Which did not appear on the ship's manifest,
But for which the ladies themselves manifested
Such particular interest, that they invested
Their own proper persons in layers and rows
Of muslins, embroideries, worked underclothes,
Gloves, handkerchiefs, scarfs, and such trifles as those;
Then, wrapped in great shawls, like Circassian beauties,
Gave GOOD-BYE to the ship, and GO-BYE to the duties.
Her relations at home all marvelled, no doubt,
Miss Flora had grown so enormously stout

For an actual belle, and a possible bride ;
But the miracle ceased when she turned inside out,
And the truth came to light, and the dry goods beside,
Which in spite of collector and custom-house sentry,
Had entered the port without any entry.

AND yet, though scarce three months have passed since the day
This merchandise went, on twelve carts, up Broadway,
This same Miss M'Flimsey, of Madison Square,
The last time we met, was in utter despair,
Because she had nothing whatever to wear !

NOTHING to wear ! Now, as this is a true ditty,
I do not assert—this, you know is between us—
That's she's in a state of absolute nudity,

Like Power's Greek Slave, or the Medici Venus ;
But I do mean to say, I have heard her declare,
When, at the same moment, she had on a dress
Which cost five hundred dollars, and not a cent less,
And jewell'ry worth ten times more, I should guess,
That she had not a thing in the wide world to wear !

I SHOULD mention just here, that out of Miss Flora's
Two hundred and fifty or sixty adorers,
I had just been selected as he who should throw all
The rest in the shade, by the gracious bestowal
On myself, after twenty or thirty rejections,
Of those fossil remains which she called 'her affections,'
And that rather decayed, but well-known work of art,
Which Miss Flora persisted in styling 'her heart.'
So we were engaged. Our troth had been plighted,
Not by moonbeam or starbeam, by fountain or grove,
But in a front parlour, most brilliantly lighted,
Beneath the gas-fixtures we whispered our love,
Without any romance, or raptures, or sighs,
Without any tears in Miss Flora's blue eyes,
Or blushes, or transports, or such silly actions,
It was one of the quietest business transactions,
With a very small sprinkling of sentiment, if any,
And a very large diamond imported by Tiffany.
On her virginal lips while I printed a kiss,
She exclaimed, as a sort of parenthesis,
And by way of putting me quite at my ease,
'You know, I'm to polka as much as I please,
And flirt when I like—now stop, don't you speak—
And you must not come here more than twice in the week,
Or talk to me either at party or ball,
But always be ready to come when I call ;
So don't prose to me about duty and stuff,
If we don't break this off, there will be time enough
For that sort of thing ; but the bargain must be,
That, as long as I choose, I am perfectly free,
For this is a sort of engagement, you see,
Which is binding on you, but not binding on me.'

WELL, having thus wooed Miss M'Flimsey and gained her,
With the silks, crinolines, and hoops that contained her,
I had, as I thought, a contingent remainder
At least in the property, and the best right
To appear as its escort by day and by night :
And it being the week of the STUCKUPS' grand ball—
Their cards had been out a fortnight or so,
And set all the Avenue on the tip-toe—
I considered it only my duty to call,
And see if Miss Flora intended to go.
I found her—as ladies are apt to be found,
When the time intervening between the first sound

Of the bell and the visitor's entry is shorter
Than usual—I found ; I won't say—I caught her—
Intent on the pier-glass, undoubtedly meaning
To see if, perhaps, it didn't need cleaning.
She turned as I entered—'Why, Harry, you sinner,
I thought that you went to the Flashers' to dinner !'
'So I did,' I replied, 'but the dinner is swallowed,
And digested, I trust, for 'tis now nine and more ;
So being relieved from that day duty, I followed
Inclination, which led me, you see, to your door.
And now will your ladyship so condescend
As just to inform me if you intend
Your beauty, and graces, and presence to lend
(All which, when I own, I hope no one will borrow),
To the STUCKUPS', whose party, you know, is to-morrow ?'

THE fair Flora looked up with a pitiful air,
And answered quite promptly, 'Why, Harry, mon cher,
I should like above all things to go with you there ;
But really and truly—I've nothing to wear.'

NOTHING to wear ! go just as you are ;
Wear the dress you have on, and you'll be by far,
I engage, the most bright and particular star
On the Stuckup horizon'—I stopped, for her eye,
Notwithstanding this delicate onset of flattery,
Opened on me at once a most terrible battery,
Of scorn and amazement. She made no reply,
But gave a slight turn to the end of her nose
(That pure Grecian feature), as much as to say :
'How absurd that any sane man should suppose
That a lady would go to a ball in the clothes,
No matter how fine, that she wears every day !'

(To be concluded next week.)



HYGIENE.

OLD LONDON WATER SUPPLY.

LONDON is naturally so well situated for purposes of water supply, owing to the numerous springs and water-courses on all sides of it, that no need for artificial means of supply appears to have been felt before the thirteenth century. The monk, Fitz Stephen, who wrote at the end of the twelfth century, describes these springs as 'sweet, salubrious, and clear,' but as London increased, the wells decayed and the streams were fouled. According to Stow, the first conduit erected in the City of London was that in Westcheap (now Cheap-side), and the water with which it was supplied was brought from Paddington. The building of this was commenced in the year 1235, but it was not completed until 1285. The cost of laying the water-pipes being found to be heavy, the several Lord Mayors invited the principal citizens to contribute, and in 1235 some foreign merchants, being desirous of landing and housing wood, etc., purchased the privilege they desired by a yearly payment of fifty marks, and the donation of one hundred pounds towards the expense of bringing water in a six-inch leaden pipe from Tyburn to the city. The various springs of the district which fed the Tye-bourne were gathered together in a reservoir on the spot where Stratford Place now stands. In the course of time the reservoir was arched over, and a banqueting house was erected upon the arches, where the Lord Mayor and Corporation feasted when they annually visited the reservoirs and hunted the hare or the fox in the fields of Marylebone. The banqueting house was pulled down in the year 1737, and in course of

* A penny edition of 'Nothing to Wear' will be ready on October 13th, including the article on 'Dress and Home,' by the Rev. C. H. Collins, M.A. It will be finely printed on good paper. Order *House and Home* edition of 'Nothing to Wear,' 335, Strand.

time the existence of the cisterns was generally forgotten. Early in the present century some of the arches were broken, after a flood which caused the inundation of the lower part of one of the houses in Stratford Place, and in 1875 the subterranean chambers were discovered by workmen engaged in laying wood pavement in Oxford Street.

Besides such sources of water supply as the springs and bournes afforded, there were always present the abundant stores of the river. The citizens fetched the water for their use from the Thames, but the dwellers in the lanes that led to the water-side in course of time stopped the passage, and would only let those pass who paid a duty. Great complaints arose on all sides respecting this grievance, and in 1342 an inquisition was made, and persons were sworn to inquire respecting the annoyances and stoppages in the several wards.

Much was done in the fifteenth century by the authorities of the city in the laying of leaden pipes, and the erection of new conduits. In 1439, the Abbot of Westminster granted to Robert Large, the Lord Mayor, and the citizens of London, and their successors, one head of water containing twenty-six perches in length and one in breadth, together with all the springs in the Manor of Paddington, for an annual payment of two peppercons.

In the sixteenth century serious apprehension was felt owing to the scarceness caused by the increase in the number of the inhabitants and the drying up of the springs. It therefore became necessary to seek new sources of supply, and these were found in the neighbourhood of Hampstead Heath, Hackney, and Muswell Hill. An Act of Parliament, applied for by the Corporation, in 1544, for the purpose of rendering these springs subservient to the supply of the north-western portion of the city, was passed, but in spite of the urgent need of this supply, which is expressed in the preamble of the Act, the scheme was not carried out until the year 1590, when another important source of supply had been obtained.

In 1568 a conduit was constructed at Dowgate for the purpose of obtaining water from the Thames, but this was only doing on a small scale what was soon to be done on a large one. In 1580 Peter Morice, an ingenious Dutchman, brought his scheme for raising the Thames water high enough to supply the upper parts of the city under the notice of the Lord Mayor and Aldermen, and in order to show its feasibility he threw a jet of water over the steeple of St. Magnus Church. A lease for 500 years of the Thames water, and the places where his mills stood, and of one of the arches of London Bridge, was granted to Morice, and the waterworks founded by him remained until the beginning of the present century. There were some difficulties at the outset, as appears by certain papers indexed in the city *Remembrancia*.* In July, 1580, the Lords of the Council wrote to the Lord Mayor desiring him to carry out the agreement with Morice, and from a letter written by the Lord Mayor to the Lord Chancellor (December, 1582), it appears that some natural irritation of the water-bearers, who thought their trade would be injured by the supply of water to the houses of the citizens, had to be smoothed over. It was found that these men would still have as much work as they were able to perform in drawing from the conduits. About the same time as Morice propounded his scheme for utilising the water of the Thames, we learn from Stow, that a man named Russel proposed to bring water into London from Isleworth. In 1591, an Italian, named Frederick Genebelli, proposed to cleanse the filthy ditches in and about the city, such as the Fleet River, Houndsditch, etc., and to bring plenty of wholesome, clear water into the city through them, but it does not appear that his scheme was entertained. In 1606, nearly £20,000 was expended in scouring the River Fleet, which was kept open for the purposes of navigation as high as Holborn Bridge.

Another attempt was made in 1594 to supply a portion of the city with water from the Thames, and Bevil Bulmar erected a

large horse-engine at Broken Wharf, near where Blackfriars Bridge was afterwards built, for the purpose. An Act for bringing water by means of engines from Hackney Marsh to supply the City of London with water passed in 1609, the profits of which undertaking were to go to the College of Polemical Divines, founded by Dr. Sutcliffe, at Chelsea, but about this time a much more important scheme was projected.

At the end of the reign of Elizabeth, the Corporation obtained an Act of Parliament to empower them to cut a river, for conveying water to the City, from any part of Middlesex or Hertfordshire, but nothing was done in this direction until after the accession of James I. to the throne. In 1605 and 1606, Acts of Parliament were passed which gave the Corporation power to bring water from the springs of Chadwell and Amwell to the northern parts of the City, and, the Corporation not being inclined to carry on the matter, they transferred their power, in 1609, to Hugh (afterwards Sir Hugh) Middleton, citizen and goldsmith, who entered into the vast scheme with characteristic energy. On September 29th, 1613, the New River was opened, and London was amply supplied with water for many subsequent years.

The *Remembrancia*, which has been already noticed, contains some curious particulars respecting the applications made by various noblemen to be allowed to have pipes of the size of a goose-quill attached to the City pipes, for the purpose of supplying their houses with water. In 1592 Lord Cobham applied to the Lord Mayor for a quill of water from the conduit at Ludgate to his house in Blackfriars, but the consideration of the request was postponed, and in 1594 Lord Burghley wrote to the Lord Mayor and Aldermen in support of Lord Cobham's application. Lady Essex and Lady Walsingham asked for a supply of water for Essex-house in 1601, and obtained the Lord Chamberlain's (Earl of Suffolk) influence to further their suit; but on June 8th, 1608, the Lord Mayor wrote to Lord Suffolk that the water in the conduits had become so low, and the poor were so clamorous on account of the dearth, that it became necessary to cut off several of the quills. 'Moreover,' he added, 'complaints had been made of the extraordinary waste of water in Essex-house, it being taken out not only for dressing meat, but for the laundry, the stable, and other offices, which might be otherwise served.' As London extended itself westward, and the City came to join Westminster, the drain must have been great upon the water supply, which was originally intended for a considerably smaller area. In 1613, Lord Fenton applied for a quill of water for his house at Charing Cross, but the Lord Mayor refused to grant the request on the ground that the conduits did not supply sufficient water for the City. Sir Francis Bacon (afterwards the great Lord Verulam) asked, in 1617, for a lead pipe to supply York-house, and Alice, Countess of Derby, requested to be allowed a quill of water in the following year. This celebrated lady, afterwards married to Lord Chancellor Ellesmere, lived in St. Martin's-lane, and we learn from the City letter-book (quoted in the index to the *Remembrancia*) the amount of water supplied to her was at the rate of three gallons an hour. In subsequent years, we notice among the applicants for quills of water the celebrated names of Sir Harry Vane, Denzell Holles, the Dukes of Albemarle and Buckingham, and the Earl of Northumberland.

In the seventeenth century various schemes for the better supply of the now largely-extended London were proposed; amongst them was the plan of a Mr. Ford for bringing a navigable canal from Rickmansworth, in Hertfordshire, to St. Giles's-in-the-Fields. An opposition scheme was that of Sir Walter Roberts, who proposed to convey water from Hoddesdon, in Hertfordshire, to Islington in a closed aqueduct of brick or stone. In the Act for rebuilding the City after the great fire, it was provided that Thomas Morris (a descendant of Peter Morice, who commenced the waterworks at London-bridge) should have power to rebuild with timber his water-house for supplying the City. The works continued in the family until 1701, when they were sold for £38,000 to Richard Soames, and afterwards became the property of a company. In 1767 the fifth arch of the bridge was granted for the use of the company, and in

* Analytical Index to the series of Records known as the *Remembrancia*, preserved among the Archives of the City of London. London: 1878.

1822 the Acts relating to it were repealed. In 1691, waterworks were constructed at the bottom of Villiers-street, Strand, for the supply of a part of Westminster. The projectors were incorporated by Act of Parliament under the designation of 'The Governor and Company of Undertakers for raising Thames Water in York-buildings.' The tower erected by this company long remained a striking feature in views of the left bank of the Thames.

In conclusion, it is not necessary to do more than give the dates of formation of the various water companies, previous to the Commission of 1828. The Chelsea Waterworks Company for supplying Westminster with Thames water was formed in 1723, the Lambeth Company for supplying districts south of the river in 1785, the Vauxhall Company in 1805, the West Middlesex Company in 1806, the East London Company in the same year, the Grand Junction Company in 1811. The immense influence which the formation of these companies exerted on the growth of London, has been pointed out by Professor Prestwich, in his address before the Geological Society in 1872. The direction in which London originally grew was influenced by the formation of the bed of gravel. Eastward it extended towards Whitechapel, Bow, and Stepney; north-eastward, towards Hackney, Clapton, and Newington; westward, towards Kensington and Chelsea; northward, it came to an abrupt termination at Bloomsbury and Clerkenwell. The clay districts of Holloway, Camden-town, Regent's-park, St. John's-wood, Westbourne, and Notting-hill, could not be built upon until water was supplied by the great water companies.—*Journal of the Society of Arts.*



DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

(Continued from page 138.)

'MILK FOR BABES.'

CHAPTER III.

PECULIARITIES IN THE ANATOMY AND PHYSIOLOGY OF THE INFANT.

IN the preceding chapter, a succinct account of the compounds that enter into the structure of the various tissues has been given. It is now proposed briefly to consider the anatomical and physiological peculiarities which the newly born infant presents up to the period of dentition. This epoch in infant life commences at birth, and usually terminates at the end of the second year. The newly born infant possesses the same organs as the adult, but there are many important modifications, both in structure and development, and even in the situation of the organs. These differences have a relation to the nutrition of the infant and consequent growth, and therefore merit the attention of those who have the care and nurture of children. A newly born infant has not inaptly been described as 'a mass of red pulp, all blood-vessels and nerves.' This is true to a great extent. The infant structure is largely composed of fluid and pulpy material; and the several tissues are wanting in that consistency to which they ultimately attain. In early infancy, minute blood-vessels (capillary system), by means of

which the circulation of the blood in the various tissues is connected, are found to be very numerous. By this means, the absorption and deposition of material in the tissues is rapidly carried on, and interstitial growth accelerated. The newly born infant is about eighteen to twenty-two inches long; and the average weight six to seven pounds and a half. The skin is thin and tender; of a reddish colour, and covered with a whitish, cheesy matter, which requires to be carefully removed by oiling, and then washing in a lather of good soap (prepared as for shaving). Great care should be taken to see that the skin is thoroughly clean, especially under the folds and joints; and also that the child is perfectly dried. The skin being so very tender and vascular, it speedily becomes chafed, and is oftentimes difficult to heal. In full-term children the nails on the fingers and toes are complete, and the general contour of the limbs round and plump. The upper part of the child, viz., head, chest, and abdomen, are relatively more developed than the lower extremities. These regions contain organs of nutritive life, and hence the importance of their early development.

The consideration of the digestive organs properly commences with the mouth, which in the infant is found to be fully formed (save in those instances of hare lip and cleft palate). The infant's mouth is so shaped as to fit it specially for sucking. The absence of teeth, or rather their presence in a rudimentary form in the gums, to be called forth when required, is an evidence that for the present the natural food is milk, and to be obtained by suction. The mucous membrane, lining the mouth and the whole intestinal tracts in the infant, are abundantly supplied with a great number of minute blood-vessels, like network, spread over the membrane or linings of the mouth, stomach, and bowels. This renders them very active in secreting mucous, and very sensitive. Hence, only soft and bland fluids can pass over these structures without producing irritation. If coarser foods be given, the mucous membrane becomes inflamed, and the secretion, instead of being thin and abundant, grows thick and sticky, impeding digestion, and making itself known by producing gripes, diarrhoea, etc. The active principle of mucous is mucin, and this is much more abundant in the infant than the adult. It is found in all mucous membranes, but also in the skin of the infant, which is not the case in later life. This substance has a great power of absorbing water, and hence the necessity that all infant food should be well diluted, because absorption is thereby facilitated. The stomach of the infant is fully formed, and holds rather more than a wine-glass full. It is a musculo-membranous bag, lined with a very sensitive mucous membrane, which absorbs fluid food that passes into it. Though the size of the stomach be small, the structure is of such a nature as to allow fluids rapidly to pass through its walls into the tissues, just as water would through flannel. The position of the stomach differs from that of the adult. In the infant it is placed nearly perpendicular, so that it appears to be a continuation in almost a straight line with the gullet. In the adult the stomach is placed more across the body. By this arrangement it becomes much more difficult for an adult to vomit than a child. An infant will often suck too eagerly, and where there is a plentiful supply of milk, will overload its stomach. This is easily remedied by the simple process of puking; that is, vomiting without the unpleasant sensation of retching and straining, which the

peculiar position of the stomach renders easy. This is aptly described by Shakespeare in the 'seven ages of man': 'First, the babe puking in its nurse's arms.' The bowels, or intestines, are about one-third longer in proportion than in the adult. This enables them to absorb nutrient material more rapidly than the adult. The sweetbread, or pancreas, and the salivary glands are particularly large and active. The importance of their secretions being supplied in abundant quantities is evident when we bear in mind the important share they take in transforming the constituents of food into material suited for the growth of the tissues. The liver, which is the largest and most important gland in the body, undergoes very remarkable changes, both in size, function, and position after birth. Previous to birth, the liver assisted in making and purifying the blood; after birth that office is abolished, and henceforth it enters on its own special mission of secreting bile, and playing an important part in sugar formation. Having less to do, the liver diminishes in size, until it can only just be felt below the ribs. It is well to remark that in some children the liver continues to occupy a large space in the abdominal region, which might be mistaken for an enlarged liver, the fact being that the liver has not diminished to its normal extent.

The position of the bladder and its appendages offer an explanation of the sudden and frequent passage of urine, which often gives considerable trouble to nurses and others. In the infant, the bladder is more elongated than in the adult, and the tubes conducting the water to it, and allowing it to escape, are so situated as to favour its immediate evacuation. As the child becomes older, the bladder assumes a rounder shape, and the lower part of it bags, or forms a kind of pouch, which enables the water to be retained for a longer period. By means of the organs just described the materials are elaborated out of which the blood is formed, and by means of the respiratory organs the blood is purified and fitted for the circulation.

(Commenced in No. 33.—To be continued.)

COST OF LIVING LESS THAN SEVENTY YEARS AGO.

A WRITER in the *Leisure Hour* says that there is now a current notion among consumers that everything is dearer than it used to be, and this is made the excuse for spending at a higher rate and for pleading that an income of £700 or £800 is required to maintain the same scale of living for which £500 formerly sufficed. No idea can be more unfounded. Bread is untaxed, and could be sold at a living profit to a man who earns 6s. a day at half the price formerly paid by his predecessor, who, for more skilled work, was paid 2s. 6d. Better tea is sold at 2s. than at the beginning of the century cost 7s. Coffee was 2s. 6d. that is excelled in quality by that at present price of 1s. 6d. Sanded sugar was 10d.; pure sugar is now 4d. Salt, that is now free, paid a duty of 20s. per bushel. The daily newspaper, about a fourth of the present size, and an eighth—if that can be measured—of the current quality, cost 7d., while each advertisement was taxed 2s. 6d. A better hat is now worn at 12s. than was formerly supplied at 25s. Literature, periodical and standard, once so expensive, is now so cheap that it costs less to buy a new copy of a book or pamphlet than to buy the old. The aged can remember when the *Waverley Novel* cost 31s. 6d.,

and was hired out to read at 1s. per volume for twelve hours. It is now retailed, with all the notes, at 3d. Let 'the girl of the period' ask her grandmother what, sixty years ago, straw hats 'came to.' At a Queen's assembly, the best-dressed lady appeared in a cotton print that a hop-picker now would scorn to wear on Sunday. Leather was taxed, and we have the benefit of the remission in boots and shoes, of far better make, at a lower figure. All articles of clothing—even of ornament—are made greatly more accessible to every purse. Soap was taxed, bricks, tiles, slates, timber, glass. Wine is little more than half its former price. In fact, with the exception of beef, mutton, butter, and cheese, the whole cost of living is, *ceteris paribus*—that is, in reference to the same necessary commodities—very much less in the year 1879 than it was in 1801.

LONDON FRUIT AND VEGETABLE GROWERS.

WHEN the times are good prices are such as to enable the growers to reap a moderate return for their capital and labour, although then only getting the jackal's share, whilst that of the lion falls to the retailer, though the latter's work connected with the business only extends over time that may be reckoned proportionately by hours against weeks or months of the former's labours; but for years matters have been getting gradually worse—rents, rates, and labour have kept on steadily rising, and prices have kept on getting lower, until during the present season a great deal of produce has not made to the growers as much as it cost. No doubt exceptional things may be pointed to which have sold well, like cucumbers and tomatoes grown under glass this summer, when the weather has been such that none would grow out-of-doors; and in the case of cabbages in spring, after a winter when brocoli and kale have been all killed; but these are exceptions, and do not affect the question from a general point of view. Hearing this much, the non-resident in London would naturally suppose that the consumers would get the benefit of the low prices the growers receive, but in coming to this very reasonable conclusion he is labouring under a great mistake, for unless the consumers patronise the costermonger they find little difference in price except an occasional variation from dear to dearer. There is not a single article in the shape of fruit and vegetables as retailed in the markets, and also the shops, in all but the poorest districts, except potatoes, that does not bear out what I stated. No matter how great a drug in the market and low in price anything may be, there is little reduction to the consumer. To give some idea of the difference in the price which the consumer has to pay from that which the growers get, last spring twelvemonth Cornwall brocoli was sent to market in such quantities that beautiful samples—not large overgrown stuff, but the best—were selling at from 6s. to 8s. per crate, something like a farthing to a halfpenny each; yet, if you wanted one, or half-a-dozen, the charge in the shops was from 4d. to 6d. a-piece. And this is no solitary case, but simply on a par with that which is continually occurring with some commodity or other in seasons when they happen to be plentiful. There are those who point to the new fruit and vegetable market as a means by which this state of things will in some measure be rectified, but they who are thus expectant are doomed to disappointment. It is not one new market that London requires, but half-a-dozen distributed through the immense space now covered with bricks and mortar, in which there would be enough accommodation provided in each for a considerable portion of the growers to occupy stalls, where the consumers would be near enough to have an opportunity of purchasing direct from the producers, in the same way that any one who feels disposed can now go to the flower market adjoining Covent-garden and buy half-a-dozen window plants or a bunch of flowers, but not hampered by a regulation that

compels their being closed at an hour which effectually precludes the possibility of nine-tenths of the retail purchasers availing themselves of them. The drawing together of an enormous amount of business into one centre may be all very fair to look upon, and it admits, as in the case of the new market, of an imposing building, but it is diametrically opposed to the interests of both producer and consumer, especially in such bulky commodities as fruit and vegetables. In the large provincial towns the arrangements in these matters are such as to meet the wants of the case very much better than in London.—*The Gardener's Chronicle*.



CURRENT OPINIONS AND EVENTS.

IN speaking at Aylesbury on Friday last, Lord Beaconsfield made a felicitous reference to horticulture. His lordship said of the exhibition :

'We could not but recognise the excellence of the show, which, I must confess, surprised us, especially in the variety of the horticultural section, which shows that, notwithstanding the present strain upon the rural life of England, you are not insensible, to one of its greatest charms.'

His lordship had no specific for the agricultural depression. He counselled mutual forbearance and mutual co-operation among the three classes—landlord, tenant, and labourer.

At the inquest on the remains of Miss Hacker, Dr. Hardwicke expressed his view strongly that the police authorities had been too precipitate in arresting the only witness likely to know the facts. Without placing too high a value upon statements recently published, we think it will be generally admitted that the learned coroner was correct in the opinion he formed of the case.

The Coffee Tavern Company, Limited, is active in adapting existing coffee-houses to coffee-taverns. Last week three new houses were opened, the last one of which was opened on Saturday in Holywell-street, Strand. It is called 'The Dane's Inn Coffee-Tavern,' and, if properly managed, the house ought to succeed. As a coffee-house it has had a large connection for years, and the locality is a good one for business. The following is a price-list circulated :

Cocoa, per small cup ... ½d.	Large plate of beef ... 4d.
Cocoa, per large cup ... 1d.	Small plate of ham ... 2d.
Coffee, per small cup ... ½d.	Large plate of ham ... 4d.
Coffee, per large cup ... 1d.	Seed and currant cake
Tea, per small cup ... 1d.	per slice ... 1d.
Tea, per large cup ... 2d.	Bread and butter ... ½d.
Small plate of beef ... 2d.	New milk, per glass ... 1d.
Boiled eggs, etc., etc.	

The Company also supply lemonade, gingerade, soda-water, and other aerated drinks, in bottles and by the glass, at 1d. and 2d.

N.B.—Non-alcoholic beverages, 1½d. per bottle.

'Invisible' makes a startling disclosure in *The Holborn Guardian* of Saturday last. He has made a personal inspection of Ely Court, Holborn, which he thus describes :

'The last opening on the left, going Citywards—just before you come to Lamplough's famous Pyretic Saline Stores—is a

place called Ely Court. Up here are about six houses, let as human habitations, and whatever I have seen in Baldwin's-gardens or Brooke's-market, in the way of dirt and filthiness, is far eclipsed by these wretched holes.'

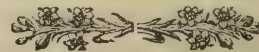
The condition of things as described by 'Invisible' is hardly credible. A total neglect of sanitary provision pervades the court ; and 'Invisible' concludes by pertinently asking :

'Why do we pay medical officers, sanitary inspectors, and other officials for the very purpose of preventing this state of things, and forcing the tenants, even against their will, to keep their premises clean? And why are landlords allowed to let habitations in a state totally unfitted for the dwellings of human beings, and then, when they are tenanted, to let them fall into such a state of damp, mustiness, and decay, that they become nothing less than so many fever-breeding, pest-nestling holes, a danger and a nuisance to the whole neighbourhood?'

The Report of the United States consuls on the condition of labour in Europe among other things, says :

'That the French working people with far less wages, are happier than the working people of Great Britain, who receive the highest wages in Europe, on account of the steadiness and the economical habits of the former, and the strikes and drinking habits, and consequent recklessness of the latter. That more misery results from strikes, drinking, socialism, and communism in England and Germany, than from all other causes combined, hard times included.'

There can be no doubt but the public is paying too much for agricultural and horticultural produce. The farmers and gardeners are not getting remunerative prices ; but the dairyman, the baker, the greengrocer and the butcher must be netting very large profits. The paragraph we reprint from the *Gardener's Chronicle* is pretty conclusive on the point. Consumers will shortly be driven to co-operation in self-protection.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson*.

(*The Editor is not responsible for the views of Correspondents.*)

FREE LIBRARIES.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,

Will you be kind enough to allow me a small space in your columns to draw the attention of the citizens of London to the very great advantages to be derived from Free Libraries, and why there ought to be one or two in every parish, so that the working-man, when he leaves his work, can go and either read a book or a newspaper free of charge. This would keep many a man from the public-house who goes for the purpose of looking at the newspaper, and where one glass leads to another, until at last the poor workman loses his senses, and is told to leave the house, which, if not complied with, he is thrown into the street. A policeman comes round in due time, and may be he is either taken on a stretcher or else forcibly dragged to the police-station ; he is then taken before the magistrate, and either fined or imprisoned, and perhaps loses his character, and situation. This ill comes of going into a house, that is licensed by these very magistrates that convicted this man to sell intoxicating liquors, to look at a newspaper. Many of your readers may have been in Manchester and seen the splendid Free Libraries, where any one can go in and read the London and provincial papers free of charge. They are a credit to the corporation of that great industrial city, and ought to be a great example to the citizens of London.

I am, sir, your obedient servant,

GEORGE RYAN.

22, Rupert Street, Leicester Square,
September 16th.

ENGLISH SPORT, AND WANTON CRUELTY.

SURELY it is fallacious to suppose that it is necessary to indulge in cruel sport to keep our courage up—to stand by in safety ourselves, and see with pleasure helpless and defenceless animals barbarously tortured and killed. This is the fashion—the nobility delight in it; still, it does not seem becoming to Christian people, and in the glorious progress of humanity such sports will inevitably cease. It was the fashion at one time to delight in such cruel acts as bull and badger baiting, and cock-fighting, and in more ancient times sports even more barbarous were practised. These fashions are now dying out, at any rate in the more civilised countries of the world. But even now a so-called Christian nation delights in seeing poor stags rended in pieces by hounds, and harmless and defenceless game, etc., mercilessly shot or otherwise killed; and this custom is sometimes defended by the vile excuse that these cruel sports keep up English courage. It is nothing better than a source of amusement for idle persons. I am by no means hostile to amusement; certainly there should be hours of amusement and recreation for all, but amusement may be noxious or innocent, moderate or immoderate, while it should always be innocent in itself and in its tendency, and such as is consistent with health.

What could be more noble than a martyr's death—one who died for strict adherence to what he believed to be truth? Can we call such a man anything else but courageous? There have been persons who bravely faced imprisonment, the sword, the knife, and the fire, and others who have fought bravely, and countenanced great danger for those they loved; but the majority of these persons were of a loving and kindly disposition to all of God's creatures. On the other hand, the hard-hearted and cruel man, in the hour of real formidable danger, generally lacks courage. He may fight when his passions are raised—rage may make him forget himself and fight; but that which is done in a moment's anger cannot honestly be called courage. I should not like to take such a man to go tiger-hunting: he would most likely appear brave where no fear was, and he would in all probability kill and destroy all weak and helpless creatures that crossed his path; but the first roar of the terrible tiger would terrify him, and long before the monster was within sight I should find myself alone, to fight the battle the best way I could.

It is a selfish act to sport with harmless animals. The less people care about the feelings of others, no matter whether it be the feelings of their fellow-creatures or of an inferior animal, the more restless and unhappy and full of cruel cravings self will be. Many, no doubt, have not given the rights and the feelings of the lower animals a single thought. There is a deal of unavoidable pain in the world; we need no cruel people to add to it. As we learn to act more like true men, and less like savages, we shall find plenty of work to do, and plenty of real amusement in the world; it is meritorious to try and add to the happiness of the world and lessen the suffering. Let us learn to do all things for the cause of right, and to battle with noxious and evil things, and stand up for the truth against all that is false and mean; this will be real courage. Depend upon it, the purest earthly happiness proceeds from truth and love. Let us research for truth, and when we find it, let custom give place.

R. SHIPMAN.

NATIONAL SCHOOL OF ART WOOD-CARVING.

THE Royal Commissioners for the Exhibition of 1851 have now placed a room in the Royal Albert Hall at the disposal of this school, and the school has accordingly moved there, from 3, Somerset-street, Oxford-street. The Drapers' Company have given a further grant, in addition to the grant by means of which the school was founded.

Both day and evening classes are held in the school, under the instruction of Signor Bulletti. The day classes are held from 10 to 1 and 2 to 5 on five days a week, and from 10 to 1 on Saturdays. The evening classes are held from 7 to 9 on four evenings a week, viz., Monday, Tuesday, Thursday, and Friday. The fees for day students are £2 a month, or £5 a quarter. The fees for evening students are 15s. a month, or £2 a quarter.

There are at present twelve free studentships in the school, viz., six in the day classes and six in the evening classes, the fees for which are paid from funds supplied by the Worshipful Company of Drapers. The holders of these studentships are selected by the committee of the school from persons of the industrial class who are intending to earn their living by wood-carving. Candidates must have passed the Second Grade Art Examination of the Science and Art Department in Freehand Drawing at least. Those who have some knowledge of wood-carving, or have passed in the other subjects of the Second Grade Art Certificate, or in drawing from the antique and the figure, architectural drawing, or designing, or in modelling, will be preferred. Applications for these studentships should be addressed to the Secretary, at the School.

All students are required to provide their own tools, and work done in the schools by free students cannot be taken away. Students paying their own fees may take away work executed by themselves on their own materials, but all work on materials provided by the school remains the property of the school.

Students who have been in the school not less than twelve months may, on the recommendation of the instructor, receive such payment for their work as the committee may determine.

The following gentlemen compose the committee of management:—Lieut.-Col. J. F. D. Donnelly, R.E. (Chairman), Mr. W. Chapman, Mr. R. W. Edis, F.S.A., Mr. W. P. Sawyer, Mr. J. H. Donaldson, Mr. E. J. Poynter, R.A., and Mr. H. Trueman Wood.

For particulars, applications should be addressed to Mr. Healey, National School of Art Wood-Carving, Royal Albert Hall, Kensington, S.W.—*Journal of the Society of Arts*.

A TEMPERANCE MUSIC HALL.

A FEW weeks ago a weekly contemporary, devoted to the discussion of social topics, raised the question of the desirability of establishing temperance music halls. But Mr. William Dunn, the well-known temperance advocate, without waiting for either discussion or help, went bravely to work at once, secured the Islington Hall, Islington Green, for three months, and began at once to supply all who chose to attend with a capital entertainment, comprising songs, music, recitations, readings, dialogues, and short addresses, etc., admission free; providing also wholesome and unintoxicating refreshments at moderate charges. A collection is made every evening, but never more than half the required amount is realised. The good being done is unmistakable; nearly two hundred pledges have been registered in two months; nearly two thousand temperance and religious publications given away. The attendance nightly is between three and four hundred. Now, who will help to place this agency for doing good upon a permanent footing? The hall can be bought for £2000. Could not the amount be raised in shares of £1 each? Pecuniary aid of some kind is needed, or the place must be closed at quarter-day. The music hall next door (Sam Collins') is reported to have lost many of its best frequenters, and the proprietor vows he will get the place closed if possible. Mr. Dunn, who is ably assisted by his talented daughter, has received platform help from the Silver Chime Ringers, Swiss Alpine Choir, Rev. D. Burns, Messrs. T. Bruffler, J. Hilton, and others; and among the many expressions of gratitude and sympathy received, came a letter from a Reformed Drunkard, enclosing a donation of 10s.

We have it on the authority of a London weekly, devoted to the interests of music halls, that 172,000 people visited twenty of the principal music halls in London during the last week in August; and one of these popular, but seductive, places of amusement recently changed hands for £32,000. Viewed in the light of these facts, it will be a matter for sincere regret if this much needed reform in the amusement and recreation of the people, which Mr. Dunn has so well commenced, is allowed to collapse for want of funds.—(Cor.)

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

The man who is in the highest state of prosperity, and who thinks his fortune most secure, knows not if it will remain unchanged till the evening.—*Demosthenes.*

Simplicity of manner is the last attainment. Men are very long afraid of being natural from the fear of being taken for ordinary.—*Jeffrey.*

All that's bright must fade ;
The brightest still the fleetest.

Moore.

Men are not so ungrateful as they are said to be. If they are often complained of, it generally happens that the benefactor exacts more than he has given.—*Napoleon.*

When a man is made up wholly of the dove, without the least grain of the serpent in his composition, he becomes ridiculous in the many circumstances of life, and very often discredits his best actions.—*Addison.*

'Yes !' I answered you last night—
'No !' this morning, sir, I say—
Colours seen by candlelight
Cannot look the same by day.

When the tabors played their best,
And the dancers were not slow,
'Love me' sounded like a jest,
Fit for 'yes,' or fit for 'no.'

Thus, the sin is on us both ;
Was to dance a time to woo ?
Wooer light makes fickle troth—
Scorn of me recoils on you.

Learn to win a lady's faith
Nobly, as the thing is high—
Bravely, as in fronting death—
With a virtuous gravity.

Lead her from the painted boards,
Point her to the starry skies ;
Guard her, by your truthful words,
Pure from courtship's flatteries.

By your truth she shall be true,
Ever true as wives of yore,
And her 'yes,' once said to you,
Shall be 'yes' for evermore.

Mrs. Browning.

The patient mind by yielding overcomes.—*Philips.*

Nothing weighs so heavily as gratitude when one owes it to the ungrateful.—*Marmontel.*

The mind and visage oft are things apart ;
A smiling face may mask a breaking heart.

Anon.

It will never do to take things literally which are uttered in a moment of irritation.—*Northcote.*

Our acts our angels are, or good or ill,
Our fatal shadows that walk by us still.

Fletcher.

Some men are more beholden to their bitterest enemies than to friends who appear to be sweetness itself. The former frequently tell the truth, but the latter never.—*Cato.*

The aged oak upon the steep stands more firm and secure if assailed by angry winds. For if the winter bares its head, the more strongly it strikes its roots into the ground, acquiring strength as it loses beauty.—*Metastasio.*

THE HOUSEWIFE'S CORNER.

OXFORD DUMPLINGS.

Take two ounces of grated bread, four ounces of butter, four ounces of currants, two large spoonfuls of flour, a dessertspoonful of grated lemon-peel and a little ginger in fine powder. Mix it with two eggs and a little milk into five dumplings, and fry them in butter on a slow fire of a fine yellow brown. When made of double the quantity of flour instead of bread, they are very good. They may also be made of egg with biscuits, leaving out the whites, and make up into balls about the size of an egg, rubbed with the yolk and fried a light brown.

BAKED COD'S HEAD.

To eat cod's head in perfection, place it in an earthen shallow pan, and stick on, by means of small wooden skewers, half a pound of fresh butter, made into little pats. The time required for cooking will depend upon the size of the fish, and also if to the head there should be appended shoulders. All the mucilaginous portions of the skull are rendered more palatable by this method of dressing. Serve the fish upon a proper dish, and have melted butter or oyster sauce, as an accompaniment.

ROAST RABBIT.

Clear out the interior and fill it with the same stuffing used for hare, baste it with abundance of fresh butter, and use flour occasionally ; thirty minutes' roasting will be sufficient for a small rabbit ; five or ten more if larger. Boil the liver with a dozen sprigs of parsley ; when quite tender, chop both up fine, and add them to melted butter as a sauce, but be sure to have another boat with plain gravy sauce to send to table.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers ; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in signed articles.

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HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 37, Vol. II.]

SATURDAY, OCTOBER 4TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



JOHN CASSELL.

ICE ONE PENNY
REGISTERED FOR TRANSMISSION ABROAD

Handwritten scribbles

JOHN GOSSETT

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME.

LONDON: OCTOBER 4th, 1879.

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JOHN CASSELL.

[Our reference last week to John Cassell has suggested to us that the present is a fitting occasion to give our readers his portrait, together with some additional particulars of his life. The following sketch is taken from a deeply-interesting volume, entitled 'Memorials of Temperance Workers,' just published by Messrs. Partridge and Co., from the pen of Jabez Inwards, Esq. We shall have pleasure shortly in further directing the attention of our readers to Mr. Inwards' book.]

TWENTY years ago, the name of John Cassell was familiar to every working man; he proudly said he was descended from the people, and knew their wants. At that period he had a fine, massive, muscular frame, with an active mind and temperate habits of life. These, combined with a cheerful disposition, prosperity in his grasp, and 'troops of friends' to greet him, all gave promise of longevity, but in 1865, in the midst of plans of increased usefulness, he was cut off at the early age of forty-eight, leaving a widow and daughter to mourn over his premature death.

John Cassell was born of poor parents, in Manchester, on the 23rd of January, 1817, and at an early age was apprenticed to a carpenter. The evils of intemperance made a deep impression upon his young mind; he saw miseries created solely by intoxicating liquors which were harrowing to behold; he saw women degraded by drink; he saw men losing their homes, their manhood, their self-respect, and their lives—all through drink. Boy though he was, he joined the Temperance movement, which was then active in Manchester, and entered into it with all the enthusiasm of youth. Stories are current now of the boy lecturer, who would declare his sentiments at meetings, even if he did not speak the purest English, and oftentimes his very earnestness told more upon the audience than the flowery speeches of my lord bishop or his subordinates.

It was in October, 1836, that young Cassell arrived in Lon-

don for the first time, in quest of employment as a carpenter. He asked if there were any Temperance meetings in London, and finding there was one that night at the New Jerusalem Schoolroom, near the Westminster Road, he repaired thither. Mr. J. P. Parker, who was presiding on the occasion, thus describes him: 'A gaunt stripling, poorly clad, and travel-stained; he stepped towards the platform and desired to speak. We hesitated, but he was determined, he was plain and straightforward in his argument, but very broad in his provincialisms. However, his very earnestness told upon the audience, and one and all gave him a cheer.' Shortly after this he is found speaking on the subject of Temperance in Milton Street, Barbican, with an energy and effect, despite his provincial brogue, which gained him several new friends, and stamped an epoch in his upward career. It is said that he frankly owned, on this occasion, that he carried all his wealth in his wallet, and had only a few pence in his pocket; but he was not dispirited. A gentleman present saw at once that here was a diamond in the rough, and took him home and introduced him to a philanthropic friend, who enrolled him at once amongst the Temperance lecturers whom he was generously maintaining at his own expense. Young Cassell devoted himself to his new mission with characteristic energy and success, and made rapid strides in the walks of self-cultivation. As he educated himself he saw the want in others, and at a meeting at Exeter Hall, where some were proposing one remedy, and others suggesting means for reducing drunkenness, the young carpenter cried out, 'I have it. The remedy is education. Educate the working men and working women, and you have a remedy for the crying evil of the country. Give the people mental food, and they will not thirst after the abominable drink which is poisoning them.' From that moment he was an altered man. 'Education' was fixed upon his brain; he determined to be the pioneer of a new class of literature. For some time he failed to see his way, but about the year 1850 appeared 'The Working Man's Friend,' conducted by John Cassell. This was quickly followed by the 'Illustrated Exhibitor,' a comprehensive and well-executed scheme for securing to the people a reflex of the World's Great Fair. Then came 'Cassell's Popular Educator,' a work which has given more information to the people in a cheap form than all the books ever printed. His early undertakings were soon, however, cast into the shade by the great publishing concern which he lived to see developed to gigantic proportions. Standard works were placed in the working man's hand at prices equal to their means, and Messrs. Petter and Galpin, who sympathised in his views, by their capital and able management, have constituted that colossal printing and publishing establishment which occupies the greater part of La Belle Sauvage Yard, Ludgate Hill. To enumerate all their publications at this moment would occupy a volume.

The total number of persons employed upon the premises, including men, women, and boys, is about 800, and some idea may be formed of the extent of the operations carried on by the mention of the fact that, exclusive of the production of an array of volumes in almost every department of English literature, the

separate parts of the magazines and serials issued each month considerably exceed half a million. The paper shavings, trimmed off the edges of the serial publications, amount to twenty-five tons a year, while the other waste, including paper accumulating from the strict rejection of all imperfect impressions, exceeds fifty tons.

As to John Cassell himself, all who knew him respected and admired him. He was genial to all, but specially desirous of educating the working man. To his contributors he would say, 'If you have a good, genuine story, tell it to your wife and your family; if they laugh and enjoy it, put it on paper, the public will like it too. If you have a pathetic story, and you find it makes your friends weep, and you see a good moral in it, put it down, it will have the same effect upon the readers.' One day, after he had arrived at prosperity, the proprietor of an illustrated paper asked for his photograph, wishing his likeness to appear in the publication—'No,' he replied, 'I started life with one great ambition, and that was to have a clean shirt every day of my life; this I have accomplished now for some years; but I have a second ambition, and that is, to be a Member of Parliament and represent the people's cause; then I shall be public property, and you may do what you like with me.' Alas! that time never came, for death carried him off before this ambition could be gratified.

ON NATIONAL WASTE AND IMPROVIDENCE.

[A SERMON PREACHED IN WESTMINSTER ABBEY,
ON SUNDAY, SEPTEMBER 28TH],

BY THE REV. W. LEWRY BLACKLEY,
Rector of North Waltham, Hants.

'Now, therefore, thus saith the Lord of Hosts: Consider your ways. Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages, earneth wages to put it into a bag with holes. Thus saith the Lord of Hosts: Consider your ways.'—Haggai i. 5, 6, and 7.

WE must admit that party and social politics, so far as the latter tends to cause dissension or debate, are unsuited to the pulpit; but this objection cannot be fairly made against the pulpit-treatment of that branch of social politics—national improvidence—the sin, the prevalence, and the moral hurt of which I wish to bring before your minds this day, while trying to direct you to a possible remedy for much of the harm it causes to our moral nature, and the hindrance which it really offers to our national progress in religious life. And surely the text I have chosen might be held to justify this handling of the subject. The Jews referred to in it had apparently all things they needed, and yet they were discontented and unprosperous. The words of the text were not merely spoken by Haggai the prophet to Zerubbabel, the governor, as a matter of private individual counsel; it was the Lord of Hosts himself, who spoke to His own people, and imposed upon them as a universal duty to look keenly into their social politics in order to learn why they were unhappy, and dissatisfied, and anxious. It was God himself who began and ended this special exhortation with the solemn words, 'Consider your ways.' It will be seen that the whole subject treated was national

improvidence. The means of life were abundant, and yet men were dissatisfied.

And so it is with us in England. The busiest, most energetic, most eager race of toilers in the universe—we send our ventures far over all the globe, and scatter our means to multiply a thousandfold. The richest nation in the universe, and yet showing within a stone's throw of our greatest hoards, a ghastly and shameful contrast of the most appalling poverty and destitution conceivable by mortal man. While this exists, do not the words of the text apply to us?—'Ye have sown much, and bring in little.'

Again, when we look, as thoughtful men must do, on the enormous waste of means and comfort caused by our national self-indulgence, and the absolute want and almost starvation resulting thence to millions of our fellow-men; when we think of the growing and appalling passion for destructive drink, which, while it wastes each year 75,000,000 bushels of grain that might feed the people, in making a useless liquor which poisons them instead, leaving them each year with a rage of thirst not only unslaked, but growing—may we not see a wonderful description of our present state in this other thing which God told us to consider?—'Ye eat, but ye have not enough; ye drink, but are not satisfied with drink.'

And when we look a little further into our national condition, noting that though in England, in almost every branch of industry, the day's work is shorter, and the day's wage greater, than in any other country in Europe, yet a large proportion of our fellow-countrymen who look forward at all, are looking forward to living on forced public alms, and dying poor, dependent, scantily fed, and meanly clad, and lonely, in a workhouse—the words come home to us with shocking bluntness and incontrovertible truth, 'He that earneth wages, earneth wages to put it into a bag with holes.'

In considering, firstly, the sin of national improvidence, I must refute a very common but mistaken notion that Bible-teaching is generally opposed to worldly notions of prudence. The object of the Saviour in using the words, 'Take, therefore, no thought for the morrow,' was to prevent people allowing a care for providing earthly things to cause them to neglect providing for heavenly things. Part of the blessing of Abraham, of Isaac, and of Jacob, actually consisted in worldly goods and comforts, and our Saviour's blessed words teach us to depend upon God for health and strength, and means of support, but nowhere teach us to regard a life of beggary as an exercise of religion, or the cultivation of destitution as a moral duty of man. Far more than this, our blessed Saviour showed us that waste is wicked, and wilful destitution a sin—not merely as being an offence and trouble to social politics, but as an iniquity against the honour of God, who, in ordaining that man should eat bread in the sweat of his brow, has laid on every man the duty of self-provision.

The religion of Christ, as set forth by His inspired apostles, carries on this teaching and points to the sin of improvidence in no measured terms. They never contemplated a state of things in which men should expect their fellow-men, in every case of need, to supply all their necessities. They taught, as our Saviour did, dependence on God, but not on man, and, indeed,

if this last were Christian duty, and all the world fulfilled it, the human race would die of hunger in a year. The apostle who could and did give up all things for Christ's sake, worked with his hands, that he might be chargeable to none, and boldly denied the very name of Christian to improvident men. 'If a man provide not for his own, and specially for them that are of his own house' (and how could a man do this without providing for himself?) 'he hath denied the faith, and is worse than an infidel.'

We will next examine the prevalence of this sin of improvidence and wilful dependence. I am speaking not of individual improvidence, of which examples may be found everywhere throughout the universe, but of national improvidence, as it exists in England, without a parallel in all creation. It may be said, of course, that this statement is an assumption, that to predicate of this or that man, whom we pass in the street, that he is improvident, is to dogmatise on a matter of which we know nothing; since a man of mean appearance may be the owner of thousands of pounds. That is true; but there are safer places than the streets from which to draw my proof. We have here in England a ghastly list, which no other nation in the world can equal in proportion to population, of more than 700,000 persons depending for their daily bread—not on their own exertions, past or present, not on the Christian charity of the rich, but on the forced taxation of the provident of all classes, high and low alike. This compulsory levy reaches year by year from seven to eight millions sterling, the paying and the spending of which alike is barren of blessing or of good.

The pauperism of England is at once the plain measure and the deplorable illustration of the improvidence of England, and testifies both to a national neglect of Christian duty, and its inevitable Nemesis of misery and wrong. For, our poor-rate is no charity: it blesses neither him that gives nor him that receives; the payer loathes the burden, not from a sense of covetousness, but from a hatred of injustice, and the pauper claims as a right the insufficient dole, which only prolongs his life by prolonging his misery, and keeps him still the very poorest of the very poor—joyless, friendless, hopeless till the end.

It does not require much examination to see how deeply this inoculation of pauperism has infected the whole spirit of our nation. Our plan of compelling the provident to add to their own burden, the support of the improvident, has taught multitudes to regard all providence as a folly, and to waste every shilling they receive. This is proved by our very language. We speak now of 'savings'—'savings banks,' 'saving habits,' where other nations spoke of 'sparings,' 'sparings banks,' 'sparing habits;' but we find no such use as our present one of the word 'saving' in our early English, or in our Bible translation. It was only after our English law had committed the great error of establishing our pauper system that all gains came to be instinctively regarded as only earned to be wasted and lost; and, in proportion as they escaped that destiny, were fitly spoken of as being saved. Is this enough to say in illustration of the prevalence of improvidence at the present day? Is it sufficient to point, as I am pointing, in no spirit of taunt or unkindness, but of heartfelt pity, to hundreds of thousands of hopeless poor who are paupers now, to the millions who, as a

matter of mere arithmetic, in ten years' time will have joined their ranks, as proofs of the prevalent disease of improvidence among us? No; I must say something more. In this very house of God there must be a percentage of men who, though they be well clad, well fed, well sheltered now, know in their very hearts that by some want of Christian self-denial, some self-indulgence, some conscious neglect of the religious duty of providing for themselves and those depending on them, they may have to remember my words, and to pass the workhouse door themselves and claim their woeful privilege of pauper life, and pauper death, and pauper burial, from the hard earnings of many an honest, toiling, independent man, on whose position, as compared to theirs, they may now be looking down: so great, so sad, and so widespread is the national sin amongst us of improvidence.

But, it may be said, if men choose it, if they set present pleasure they can enjoy, against future want which they may not live to suffer, who has a right to complain? My answer is that every just man in the nation has a right to complain, not indeed of present paupers, for they are too distant to hear and too miserable to resent our murmurings; and besides, they are not to blame—they only followed the natural teaching of our faulty law, which for three centuries past has been trying to falsify the maxim that self-preservation is the first law of nature, and has naturally failed in the attempt.

The spendthrifts of to-day, the paupers of to-morrow, are in the exercise of their strict legal rights; my blame is not for them; it is, firstly, for the law itself, which is indeed an abstraction and cares nothing for censure; but, secondly, for ourselves, for the nation that bears, instead of mends, a law that is wrong in its principle, harsh in its practice, unjust in its execution, and un-Christian in its effects. This last I have to prove, in order to justify myself, as a Christian minister, for treating such a matter in the house of God.

If I have shown that individual improvidence is sinful, it follows that national improvidence is a national sin. But I wish to indicate the real moral harm it does.

Firstly, it dooms thousands to degradation, misery, and joylessness, who, but for our national teaching, might be happy, self-provided, and independent. Those whom a Christian nation should encourage to 'owe no man anything, but to love one another,' we teach to owe everything to other men, and yet to hate the very people to whom they owe so much. If such exceptions be known as an indoor pauper happy, an outdoor pauper satisfied, it is not that our system is good, but that here or there a man or woman is better than the system. But this is a trifle compared to the chief moral harm our pauper system works. It creates a new class in our State which confuses our social order, and does the work of evil in awaking and fostering immeasurable social discords. There was a time when a fair classification might be made of all men into rich or poor, by comparison of their possessions. But such comparison implied that every man possessed something. 'The poor ye have always with ye,' said the Saviour, 'and when ye will ye can do them good.' But he never meant the pauper, whom our bad teaching tempts to destitution, and to whom, as a class, no good can be done. In former times the rich had much and the poor little, but there was no class created by law who in the very nature of things should possess no-

thing at all. And the effect of this intrusion of a new class was to produce a wrong classification, from the error of which sprang the main part of all our bitter, godless class hatreds, variances, emulations, wrath, strife, seditions, and envyings.

For, though the working-man, who, for dear independence' sake, does his Christian and social duty, and lays by a few shillings week by week, is really a rich man and a capitalist, compared to the pauper not yet in the workhouse, who starves his wretched wife and little children, while wasting his earnings in the public-house, yet these two classes have come to consider themselves as one, and to feel a common ill-will against all other ranks of men who seem securely provided. And how is it that the thrifty, honest-hearted workman submits to the dishonour of such a connection, which one would think he would repudiate with indignation? There is a sad reason for it. He knows that he has no true security for his savings or his work, that sickness and old age may come upon him, that the little store he has hoarded may be spent, the club he has trusted may fail him in his need, and himself at last be forced to share the workhouse dole with the very thriftless paupers whom, though without one true thought in common with him he learned to miscall, for this unhappy reason, the men of his own class. He accepted their fellowship, their brotherhood, their discontent, their blind complainings; and feeling bitterly that something must be wrong, though unable to understand the source of the error, laid all the blame with hasty hatred on the classes possessing more money than himself, but which have far closer sympathy with his habits, his hopes, and his aspirations, than the wilful spendthrifts, whom the honest working-man so blindly calls his brothers and his friends. I have tried to show the sinfulness, the prevalence, and the injury to our social peace and our Christian character caused by improvidence in general, and by our national improvidence in particular, as fostered by our well-intended but unhappy law, which, compelling the provident to support the improvident, demoralises one-half, while robbing the other half, of the community. I will conclude by offering in all sincere humility the suggestion, at least, of a remedy for part of the national improvidence, which keeps us so much further than we should be from carrying out as a nation the declared will of God. If our law compels at all, its compulsion should be just and wise. The nation provides now for men when they become paupers, whereas it should provide that they should not become destitute at all. A man provided securely against destitution lives a life of hopefulness; a man allowed to fall into pauperism lives a life of discontent and despair. In early manhood, when youths have only themselves to keep, they earn enough to make easy provision against want, and sickness, and old age. They resist that golden opportunity, because they know the law will compel others to provide for them. Why not make every man bear his own burden, and provide for himself? Why not apply the compulsion to the right persons, and for their own blessing and independence' sake, compel the inexperienced youths of every class to make provision in the early, easy, healthy times, for need, and want, and sickness, that must come as the years draw on? Thus only can we see a way to give to every man security, providence, and independence, to range us all upon one side as citizens, to prevent prodigality which no later steps can cure,

to allay discontent which no other measures can appease, to remove the stumbling-block our nation has ignorantly placed in our Christian course, to give peace for strife, plenty for want, brotherhood for hatred, sympathy for suspicion, and even wealth itself for woe. I ask you to forgive me, if, in bringing you before an unusual subject, and offering what may seem a startling suggestion, I have hurt any feeling or offended any prejudice. I do not ask you to agree with me, but only to think, as fellow citizens and as fellow Christians, of what I have boldly put before you. I leave the subject to your prayerful, earnest thought, convinced that you will every one be working in the cause of Christ, for the good of men, in seeking for some means of uprooting from our midst that national sin of improvidence which is the foreigner's scoff, the statesman's perplexity, the wise man's wonder, the good man's sorrow, the just man's hate, the rich man's shame, the thrifty man's grievance, and the wasteful man's despair.



NATIONAL THRIFT SOCIETY.—The Council and Committee of the National Thrift Society are now making an earnest appeal for funds to carry on their work, viz:—the establishment of penny banks and provident dispensaries in every district where they are needed; the wide-spread gratuitous distribution of pamphlets, leaflets, handbills, etc., on the subject of thrift and its advantages; the delivery of lectures and addresses to working men, women, and children, at institutes, factories, schools, etc.; and the general work of the Society in developing and encouraging regular and systematic thrift throughout the country, and more especially amongst the labouring classes, to whom this habit is of inestimable advantage. The work hitherto accomplished by the Society having been productive of much benefit, it appeals with confidence for that hearty support and co-operation which will enable it to continue and increase its exertions for the benefit of the whole community. Donations in aid of the Society's funds will be thankfully received by the Treasurer or Secretary of the National Thrift Society, 7, New Road, Oxford.

The Earl of Derby has forwarded a donation of £10 to the funds of the National Thrift Society, Oxford, and has expressed his warm interest in the work now being carried on by that Society throughout the country.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

IMPROVEMENTS ACCOMPLISHED.

WE shall inform our readers, as fully as the materials placed at our disposal by the proprietors and managers of the various properties will allow us to do, of the character and results of efforts to improve the dwellings of the people made by individuals, corporations, societies and companies.

THE IMPROVED DWELLINGS MOVEMENT.

BRIGHTON.

At the annual meeting of the Brighton District Association for Improving the Dwellings of the Industrious Classes, the directors' report was adopted, and a dividend of 15s. per share declared. Mr. Colbatch-Clark was elected a director in the room of Dr. Allen, resigned.

LIVERPOOL.

The annual report of the Liverpool Labourers' Dwellings Company, which was presented by the directors at the annual meeting, stated the working for the year had, on the whole, been satisfactory. In consequence of the depression in trade, the gross rents received during the past year showed a diminution as compared with those of the year 1878, but notwithstanding that this decrease amounted to £51 1s. 6d., the receipts still exceeded those of any of the preceding years. By a reduction in the expenses, chiefly in the item of repairs, the directors were enabled to show a profit for the past year of £780 13s. 3d., as compared with £766 7s. for the preceding year; adding to this sum the balance of £71 3s. 7d. brought forward from last year, there was a sum of £851 16s. 10d. available for dividend. The directors recommended that the sum of £827 should be applied in payment of a dividend of 10s. per share, being at the rate of 5 per cent. per annum, and that the balance of £24 16s. 10d. should be carried forward to next year.

In connection with what is known as the Nash Grove Scheme, under the Artizans' Dwellings Act, the Liverpool Town Council recently resolved 'That an application be made to the Local Government Board for a modification of the Nash Grove Scheme, on the basis of the Borough Engineer's Report, set out on the Health Committee's proceedings.' He said the Council were aware that, under the Artizans' Dwellings Act, Nash Grove, when cleared, was to be laid out in a set form of terrace houses; but when the land was advertised there was not an offer made. They now asked the engineer to prepare a scheme, under which they should offer the land for sale for labourers' dwellings, the sole restriction being that the dwellings should be erected according to the bye-laws and Building Acts of the Corporation. If the land were so laid out accommodation would be provided for about 920 persons, giving an average of five persons to each house. Formerly the accommodation was for about 1,100 persons; and there would be less crowding if the houses were built according to the Corporation Acts than if erected according to the scheme of the Local Government Board.

MARLBOROUGH.

A number of cottages for labourers are now being erected on the Everleigh Estate, near Marlborough, Wilts, the property of Sir John D. Astley, Bart., M.P. Each dwelling has an entrance porch, staircase, living-room, scullery, pantry, and three bedrooms. The outbuildings comprise coal and wood houses, piggeries, and water-closet, with a wash-house to each cottage. Similar cottages have also been erected at Sunningdale, Berkshire, for Mr. Savory, and on the Wroxham Hall Estate, near Norwich, for Mr. E. S. Trafford, from the designs of Mr. J. Birch, of London, who obtained the Society of Arts prize for such designs.

HYGIENE.

A SERIOUS PERIL TO HEALTH.

COMMUNICATIONS have reached us, and observations been made, which compel us to draw serious attention to the condition of some of the cemeteries within the metropolitan district, which are rapidly becoming sources of peril not only to the neighbourhoods in which they are situated, but to the whole metropolis. The emanations from some of the newly-opened graves are so horribly offensive, as to occasion nausea among those who attend funerals. As cases of actual illness, after being present at interments in some of the cemeteries, have occurred, there can be no doubt about the danger. Meanwhile the crowding of the graves is apparent. The number of bodies laid in the earth may not be excessive, when calculated upon the whole acreage of the space licensed; but with an eye to the future the ground seems to be appropriated in parcels, while in some of the older cemeteries there is really no room for more graves, and the licence ought to be withdrawn. This is a matter of so much concern to the health of the community, that we forbear to run the risk of weakening the evidence of facts by any comment. The intervention of the Secretary of State should not be delayed.

METROPOLITAN SANITARY NOTES.

DR. G. PADDOCK BATE, medical officer of health for the parish of St. Matthew, Bethnal Green, gives, as usual, a plain and concise statement of the sanitary events that have occurred in his district during the past year. In the matter of inquests he comments very emphatically on the unsatisfactory state of the law that ordains the holding of them at public-houses, and shows how, in many ways, the usefulness as well as the dignity of the proceedings would be enhanced by the abolition of that barbarous process called 'viewing the body,' the 'friendly glasses' taken at these inquest gin-shops by the jurymen whilst waiting for their coroner, and the irregularities that sometimes arise in consequence. The want of a mortuary appears side by side with the inquest question, and is, perhaps, of equal importance; but the vestry of Bethnal Green have not yet provided such an establishment. Vaccination appears to be very efficiently carried on in this district, and a comparative immunity from small-pox is the practical result. Cowhouses, slaughterhouses, and bakehouses offer nothing for special comment. Dr. Bate very properly urges upon the attention of his readers the subject of latrine accommodation for women, and we are sure that few other matters can so profitably engage the attention of metropolitan medical officers of health.

The Board of Works for the Poplar District is served by two medical officers of health, Mr. F. Mead Corner having recently taken charge of the southern section, in succession to the late Mr. Ellison, Mr. R. M. Talbot retaining the northern section. The former officer, in presenting his first report to the board, gives some rather interesting particulars as to the manner in which the infection of typhus appears to have been spread by the clothing of a seaman arriving from abroad, and which was sent to be washed. Some instances are also given of the careless manner in which cow-keeping at the east end of London is conducted, showing in a very pertinent way the necessity that exists for the new order recently promulgated, placing dairies and cowsheds under the supervision of the Metropolitan Board of Works. This district, having a large river frontage, has, during the last nine months, been engaged in a friendly discussion with the port sanitary authority, the officers of the latter having found a large number of closet-outfalls opening into, and of course very much polluting, the river. These are being closed, and sent into the main sewers. The interesting point of Mr. Talbot's report is a somewhat forcible illustration of the apparent connection existing between diphtheria and sewer-gas, foul manure, etc.

INFANT MORTALITY IN THE STRAND DISTRICT.

At a recent meeting of the Strand District Board, on the reading of the medical officer's usual fortnightly report, a discussion took place upon the excessive rate of infant mortality prevailing in that metropolitan sanitary district, and a motion was carried asking the medical officer of health (Dr. Conway Evans) for a special report on the subject. The Strand District Board deserves credit for having, although tardily, asked for information concerning the remarkable death-rate of infants within their sanitary district, to which we have more than once called attention in these columns. During the eight years 1871-8, the births of 3974 children were registered within the jurisdiction of the Strand District Board, and the deaths of 887 infants under one year of age were recorded within the same area. Thus, during the eight years, the rate of infant mortality under one year was equal to 223 per 1000 of the births. These facts are derived from the Registrar-General's Annual Summaries for the eight years, and may therefore be accepted as beyond dispute. The lowest rates of infant mortality in these eight years were 205 and 209 in 1873 and 1876; the highest 242 and 244 respectively in 1874 and 1878. Dividing the eight years into two equal periods of four years, the average rate was 223 in the first and 224 in the second period. Thus this slaughter of innocents is increasing rather than declining. The average rate of infant mortality in London during 1878 was 164 per 1000, whereas in the Strand district it was 244. We quite agree with the Strand District Board that this enormous death-rate of infants requires investigation. Investigation in such cases always does some good, for it calls attention to the magnitude of the evil. We are convinced, however, that if the Strand District Board, or a committee of the Board, were to make a house-to-house visitation through the worst of the 'slums' within their district, their wonder that so large a proportion of the infants born die in the first year of their life would be changed into wonder that so large a proportion survive that age. That much of the mass of infant mortality is due in the Strand district, as in other urban sanitary districts, to the ignorant neglect and to the intemperance of the parents is beyond question. When one sees, however, the repulsive dens in which many of the people in the Strand district are housed, at comparatively enormous rents, it ceases to be matter for surprise that parents who are so lodged should be dirty in their habits, neglectful of their family duties, and given to intemperance. The health of infants in such houses as abound in the Strand district is next to impossible—the ignorance and neglect of parents undoubtedly magnify the evil; but without improvement of a large proportion of the dwellings, it would be hopeless to expect any permanent reduction of the rate of infant mortality. We shall look for Dr. Conway Evans's special report upon this subject with interest. There is no other part of London where the rate of infant mortality in recent years has shown so large an excess as in the Strand district.—*Lancet*.

RESERVOIRS FOR LONDON.—The water examiner, Col. Bolton, says in his last report:—'The construction by the Grand Junction Waterworks of additional impounding and subsiding reservoirs near to the intake at Hampton (which are much needed to avoid taking in water when floods prevail) is progressing; the first reservoir will occupy nearly 12 acres of land, and there will be, when full, a water surface of 10 acres, and a depth of water 22 feet. This reservoir is constructed to contain 45,000,000 gallons uncontaminated by floods. The company contemplate the formation of filters at these works, with pumping machinery for the purpose of supplying their low-level district direct from Hampton, instead of from Kew Bridge, as at present. Arrangements have been entered into for laying a line of 30-inch main from Twickenham to Notting Hill, in connection with this object. At the Kew Bridge Works an additional filter of three-quarters of an acre has been provided, and the reconstruction of the existing filters, with storage reservoirs, having been now completed, should tend greatly to improve this Company's supply.'

A RAT-KILLING CROP.

ABOUT ten years ago, the tract of country which now forms the Hashtnagar Tehsil of the Peshawur district was so over-run with swarms of rats that the usual crop of cereals and pulses were devastated by them, little being left for the harvest. To rid themselves of these rats, the agriculturists for one whole season very generally refrained from sowing the ordinary food crops, substituting in their place the common bitter oilseeds of the Punjab. Of these there are two descriptions, sarshaf (*Brassica campestris*), commonly known as mustard, and taramira (*Brassica eruca*). It was the former of these two crops, we believe, that was for the most part sown. The result was that the rats completely disappeared. As no similar annoyance commenced in adjacent tracts, they probably died. How far it may be practicable to adopt such a remedy as this in any part of the Deccan, we leave the Rat Commission to decide.—*Pioneer*.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime'; 'Infanticide'; 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER III.

PECULIARITIES IN THE ANATOMY AND PHYSIOLOGY OF THE INFANT.

(Continued from page 153.)

THE changes that take place in the lungs of an infant immediately after birth are truly remarkable. Previously the lungs were inactive; their structure was solid, vascular, and of a brownish red colour, resembling very nearly a piece of liver. By the act of breathing the air enters and distends the cells of which the lungs are composed, and thus their bulk is rapidly increased, and they become light and elastic, and will float in water. The air passing down the wind pipe is conveyed by the minute branches of the bronchial tubes to the air-cells of the lungs. These little compartments are lined with a very minute net-work of blood-vessels, the walls of which are very thin; in fact, they are transparent. The blood is thus brought into contact with the air, and the following changes take place: The blood absorbs the oxygen of the air; this unites with the carbon in the blood, and carbonic acid gas and watery vapour are expelled, and the lungs are thus changed to a pink colour. The breathing of an infant is very rapid, the respiration being at the rate of thirty-five to forty per minute, or nearly double that of an adult. The rate at which structure-building proceeds during the first few months of infant life necessitates the great activity displayed in the oxidation of the blood by means of respiration. In growing structures, old material has to be removed and replaced by new. The exact process by which the new atoms are elaborated in the various glands and circulation is intricate and beyond our present purpose. In general terms, it may be said that the constituents of the food supply the identical chemical

atoms, which are so shaped and modified as to fit into the places from which the worn out atoms had been removed. As the rough materials for building are arranged, modelled, and fitted for their several parts, and receive the impress of the various workmen employed, so the food in like manner is prepared and impressed with the likeness of the special organ through whose agency it becomes adapted for building purposes. It is then conveyed by the circulation to its destination, and applied to renovating the old structures, and developing a new and increasing building. When respiration is established, which occurs immediately after birth, the heart undergoes important changes. Previously it had only partially performed its function. By an alteration which takes place in the structure, the current of the circulation is diverted, and the heart enters upon its full duties. This important change is effected by the filling up of a small aperture (foramen ovale), which, previous to birth, connected the two upper chambers of the heart in a direct manner, so that the blood on each side of the heart was at once blended. By blocking up this communication, the dark or venous blood is separated from the red or arterial blood, and the latter is forced by the contraction of the left side of the heart through the large blood-vessel of the body (aorta), and other off-shoots from it, until it comes to the minute web-like blood-vessels (capillaries), which join the terminal ends of the veins, which unite with larger branches, and ultimately bring the blood back to the right side of the heart. This returned blood contains material to be elaborated into new blood. Also the waste matter to be eliminated. The dark blood (venous) is then pumped by the right side of the heart through a blood-vessel (pulmonary artery), and conveyed by smaller branches to the air cells in the lungs to be purified by being brought into contact with the air. When this is accomplished, the blood is returned by the capillaries in the lungs uniting into larger vessels, and thus bringing the blood purified to the left side of the heart. In this way the circulation of the blood is completed in the infant after birth. The closure of the passage between the two sides of the heart, and also the obliteration of the vessels known as the ductus arteriosus and ductus venosus, which previously to birth conveyed the blood from the mother to the child, render this apparent roundabout way of sending the blood necessary. After birth the infant begins the business of life on its own account. It takes the prepared material into its chemical laboratory, and produces rapidly many complex and interesting compounds for the purpose of present life and future growth. The rapidity with which work is carried on in an infant laboratory may be estimated by the pulse. The heart, propelling the blood through the elastic tubes or blood-vessels, causes a throbbing which is known as the pulse, and is a measure of the rate we are living. Now the pulse in an infant is nearly double that of an adult, being about 120 to 140 per minute. This is in proportion to the rapid respiration. In those cases of disease where the adult pulsation and breathing approaches this rate, there is always danger of death. It is the pace that kills! In an infant it is not so. The pressing necessity for rapid change of tissue in order to facilitate the progress of growth requires that the preparation of new material and its transmission should proceed without delay. The removal of waste material is partly accomplished by the two lungs. The skin may properly be con-

sidered a third lung. At any rate, its work is very similar to that performed by the lungs. That is to say, that it gives out gas and water (carbonic acid gas). The structure of the skin is beautiful, and its functions important. If the skin be looked upon as a breathing organ, and as being supplementary to the lungs, the great necessity of maintaining its proper action is at once evident. Every one breathes with the skin, or should do. If the breathing by the lungs be impeded or stopped only momentarily, a great inconvenience is immediately experienced. No such instant ill-effect is produced by preventing the breathing by the skin, but if continued for any length of time, it slowly and surely lowers the vital powers. In the skin we breathe through the minute pores. In each of the little pores is a gland, which is called a sweat gland, from which the perspiration comes, carrying with it water and used up material. When these pores are blocked up, the rubbish has to be got rid of by other organs in the body. Each has its own peculiar work to do; and when attending to its own business, all goes well; but when there is a break-down in one department, then the work has to be done by others. It is by the operation of this principle, that when disease attacks an organ in the body, the others kindly assist in the work until their collaborateur recovers. Some idea of the importance of the skin may be formed when it is stated that there are no fewer than 2,800 pores to the square inch, and consequently there are millions of these little glands quietly doing their own work, when not stopped by dirt. Remember, if you want the work well done, the machinery must be kept clean, and this especially applies when working under high pressure. This is precisely the case in infant life!

(Commenced in No. 33.—To be continued.)

NOTHING TO WEAR.

(Concluded from page 150.)

SO I ventured again—'Wear your crimson brocade,'
(Second turn up of nose)—'That's too dark by a shade.'
'Your blue silk'—'That's too heavy; 'Your pink'—'That's too light.'
'Wear tulle over satin'—'I can't endure white.'
'Your rose-coloured then, the best of the batch'—
'I haven't a thread of point lace to match.'
'Your brown moire antique'—'Yes, and look like a Quaker;'
'The pearl-coloured'—'I would, but that plaguey dress-maker
Has had it a week; '—'Then that exquisite lilac,
In which you would melt the heart of a Shylock.'
(Here the nose took again the same elevation),
'I wouldn't wear that for the whole of creation.'
'Why not? It's my fancy, there's nothing could strike it
As more comme il faut'—'Yes, but, dear me, that lean
Sophronia Stuckup has got one just like it,
And I won't appear dressed like a chit of sixteen.'
'Then that splendid purple, that sweet Mazarine;
That superb point d'aiguille, that imperial green,
That zephyr-like tarletan, that rich grenadine'—
'Not one of all which is fit to be seen,'
Said the lady, becoming excited and flushed.
'Then wear,' I exclaimed, in a tone which quite crushed
Opposition, 'that gorgeous toilette which you sported
In Paris last spring, at the grand presentation,
When you quite turned the head of the head of the nation;
And by all the grand court were so very much courted.'
The end of the nose was portentously tipped up,
And both the bright eyes shot forth indignation,

As she burst upon me with the fierce exclamation,
 'I have worn it three times at the least calculation,
 And that and the most of my dresses are ripped up !'
 Here I ripped OUT something, perhaps rather rash,
 Quite innocent, though ; but, to use an expression
 More striking than classic, it 'settled my hash,'
 And proved very soon the last act of our session.
 'Fiddlesticks, is it, sir? I wonder the ceiling
 Doesn't fall down and crush you—oh, you men have no feeling,
 You selfish, unnatural, illiberal creatures,
 Who set yourselves up as patterns and preachers.
 Your silly pretence—Why, what a mere guess it is !
 Pray, what do you know of a woman's necessities?
 I have told you and shown you I've nothing to wear,
 And it's perfectly plain you not only don't care,
 But you do not believe me' (here the nose went still higher),
 'I suppose if you dared you would call me a liar.
 Our engagement is ended, sir—yes, on the spot ;
 You're a brute, and a monster, and—I don't know what.'
 I mildly suggested the words—Hottentot,
 Pickpocket and cannibal, Tartar and thief,
 As gentle expletives which might give relief ;
 But this only proved as spark to the powder,
 And the storm I had raised came faster and louder,
 It blew and it rain'd, thunder'd, lighten'd and hail'd
 Interjections, verbs, pronouns, till language quite failed
 To express the abusive, and then its arrears
 Were brought up all at once by a torrent of tears,
 And my last faint, despairing attempt at an ob-
 servation was lost in a tempest of sobs.



WELL, I felt for the lady, and felt for my hat, too,
 Improvised on the crown of the latter a tattoo,
 In lieu of expressing the feelings which lay
 Quite too deep for words, as Wordsworth would say ;
 Then, without going through the form of a bow,
 Found myself in the entry—I hardly knew how—
 On door-step, and sidewalk, past lamp-post and square,
 At home and upstairs in my own easy chair ;
 Poked my feet into slippers, my fire into blaze,
 And said to myself, as I lit my cigar,
 'Supposing a man had the wealth of the Czar
 Of the Russias to boot, for the rest of his days,
 On the whole, do you think he would have much to spare
 If he married a woman with nothing to wear?'



SINCE that night, taking pains that it should not be bruited
 Abroad in society, I've instituted
 A course of inquiry, extensive and thorough,
 On this vital subject, and find, to my horror,
 That the fair Flora's case is by no means surprising,
 But that there exists the greatest distress
 In our female community, solely arising
 From this unsupplied destitution of dress,
 Whose unfortunate victims are filling the air
 With the pitiful wail of 'Nothing to wear.'
 Researches in some of the 'Upper Ten' districts
 Reveal the most painful and startling statistics,
 Of which let me mention only a few :
 In one single house, on the Fifth Avenue,
 Three young ladies were found, all below twenty-two,
 Who have been three whole weeks without anything new
 In the way of flounced silks, and thus left in the lurch
 Are unable to go to ball, concert, or church.
 In another large mansion near the same place
 Was found a deplorable, heart-rending case

Of entire destitution of Brussels point lace.
 In a neighbouring block there was found, in three calls,
 Total want, long continued, of camel's-hair shawls ;
 And a suffering family, whose case exhibits
 The most pressing need of real ermine tippets ;
 One deserving young lady almost unable
 To survive for the want of a new Russian sable ;
 Another confined to the house when it's windier
 Than usual, because her shawl isn't India.
 Still another, whose tortures have been most terrific
 Ever since the sad loss of the steamer *Pacific*,
 In which were ingulfed, not friend or relation
 (For whose fate she perhaps might have found consolation,
 Or borne it, at least, with serene resignation),
 But the choicest assortment of French sleeves and collars,
 Ever sent out from Paris, worth thousands of dollars,
 And all as to style most recherché and rare,
 The want of which leaves her with nothing to wear,
 And renders her life so drear and dyspeptic
 That she's quite a recluse, and almost a sceptic ;
 For she touchingly says that this sort of grief
 Cannot find in religion the slightest relief,
 And philosophy has not a maxim to spare
 For the victims of such overwhelming despair.
 But the saddest by far of all these sad features
 Is the cruelty practised upon the poor creatures,
 By husbands and fathers, real Bluebeards and Timons,
 Who resist the most touching appeals made for diamonds
 By their wives and their daughters, and leave them for days
 Unsupplied with new jewell'ry, fans, or bouquets,
 Even laugh at their miseries whenever they have a chance,
 And deride their demands as useless extravagance ;
 One case of a bride was brought to my view,
 Too sad for belief, but alas ! 'twas too true,
 Whose husband refused, as savage as Charon,
 To permit her to take more than ten trunks to Sharon.
 The consequence was, that when she got there,
 At the end of three weeks she had nothing to wear,
 And when she proposed to finish the season
 At Newport, the monster refused out and out,
 For his infamous conduct alleging no reason ;
 Except that the water was good for his gout.
 Such treatment as this was too shocking of course,
 And proceedings are now going on for divorce.
 But why harrow the feelings by lifting the curtain
 From these scenes of woe? Enough, it is certain,
 Has here been disclosed to stir up the pity
 Of every benevolent heart in the city,
 And spur up humanity into a canter
 To rush and relieve these sad cases instant.
 Won't somebody, moved by this touching description,
 Come forward to-morrow and head a subscription?
 Won't some kind philanthropist, seeing that aid is
 So needed at once by these indigent ladies,
 Take charge of the matter? Or won't PETER COOPER
 The corner-stone lay of some splendid super-
 Structure, like that which to-day links his name
 In the Union unending of honour and fame ;
 And found a new charity just for the care
 Of these unhappy women with nothing to wear,—
 Which, in view of the cash which would daily be claimed,
 The Laying-out Hospital well might be named?
 Won't STEWART, or some of our dry-goods importers,
 Take a contract for clothing our wives and our daughters
 Or, to furnish the cash to supply these distresses,
 And life's pathway strew with shawls, collars, and dresses,
 Ere the want of them makes it much rougher and thornier,
 Won't some one discover a new California?

O H, ladies, dear ladies, the next sunny day
 Please trundle your hoops just out of Broadway,
 From its whirl and its bustle, its fashion and pride,
 And the temples of Trade which tower on each side,
 To the alleys and lanes, where Misfortune and Guilt
 Their children have gathered, their city have built;
 Where Hunger and Vice, like twin beasts of prey,
 Have hunted their victims to gloom and despair;
 Raise the rich, dainty dress, and the fine brodered skirt,
 Pick your delicate way through the dampness and dirt,
 Grope through the dark dens, climb the rickety stair
 To the garret, where wretches, the young and the old,
 Half-starved and half-naked, lie crouched from the cold.
 See those skeleton limbs, those frost-bitten feet,
 All bleeding and bruised by the stones of the street;
 Hear the sharp cry of childhood, the deep groans that swell
 From the poor dying creature who writhes on the floor;
 Hear the curses that sound like the echoes of Hell,
 As you sicken and shudder and fly from the door;
 Then home to your wardrobes, and say, if you dare—
 Spoiled children of Fashion—you've nothing to wear!

ND oh! if perchance there should be a sphere
 Where all is made right which so puzzles us here,
 Where the glare, and the glitter, and tinsel of Time
 Fade and die in the light of that region sublime,
 Where the soul, disenchanted of flesh and of sense,
 Unscreened by its trappings, and shows, and pretence,
 Must be clothed for the life and the service above,
 With purity, truth, faith, meekness and love;
 Oh, daughters of Earth! foolish virgins, beware!
 Rest in that upper realm you have nothing to wear!*



CURRENT OPINIONS AND EVENTS.

IN connection with his recent visit to Newcastle-on-Tyne, the Marquis of Hartington was entertained at a public luncheon. Mr. Joseph Cowen, M.P., presided. No intoxicating liquors were provided, and we place on record the noble utterance made by Mr. Cowen at the conclusion of the repast. He said:

'The directors of that institution (the School of Science and Art) were believers in temperance, and in making the arrangements for the repast to which they had invited them they had consistently acted up to their convictions. But if wine were absent from their board, the unwritten law of social reciprocity and kindness, he was sure, would not be. The speakers, of whom he had a goodly list before him, would try to deck the viands with the flowers of fancy instead of in the fruit of the vine, and the toasts drunk in water instead of in the orthodox liquid would not be less cordial and hearty.'

We trust this notable example will be largely followed at public dinners and luncheons. There can now be no excuse for health drinking in the old-fashioned way at dinners held in the promotion of charity, or in the cause of religion. The churches ought not to be behind politicians in reforming a custom so fraught with danger as the one in question undoubtedly is, and whose only recommendation is antiquity.

On Saturday last the 1879-80 session of the School of Science, St. Thomas' Charterhouse, was opened by the president of the school, Rev. John Rodgers (Vice-chairman of the London School Board). The school was established in 1872, and is the largest school of science in the kingdom. The committee include a number of well-known professors and gentlemen who have taken an active part in the promotion of scientific education. The lecturers, in opening the various classes, briefly addressed the students as to the method to be pursued in

teaching and the books which would be necessary. Agriculture and physiography are subjects to which special attention was directed. During the session botanical and geological excursions will be instituted. Several of the courses are arranged to meet the requirements of matriculation and other examinations of the London University. Next month an eminent educationist will deliver an address.

Speaking in the Albert Hall, Leeds, in connection with the opening of the lecture session of the Mechanics' Institution last week, the Bishop of Manchester, in referring to the bitterness imparted into party politics, said:

'One of the most regrettable phenomena of the day is the bitterness, almost the fierceness, that is infusing itself into political antagonism. I know this will give offence to some, but I cannot help it. I never see a new Liberal or Conservative club rising in its architectural splendour—for, whatever pressure there may be in other directions, there always seems to be money forthcoming for these palatial structures—than the thought springs up in my mind, 'There is another bulwark of partisanship, another hindrance to the formation of a sound, generous, enlightened opinion on national questions.'

The Parkes Museum of Hygiene was reopened on Wednesday evening last, when there was a good attendance. This useful institution is open free to the public on Tuesdays, Thursdays, and Saturdays, and the curator, Mr. Judge, may be seen at the Museum on those days.

Preaching at Ormskirk on Sunday evening last, the Bishop of Manchester said that:

'This year it seemed almost a mockery to have a harvest festival. There was failure in crops and depression almost everywhere. He had read how in that immediate district—in Rufford and Croston—the farmers had lost almost all their potato crops, and he had been told by a clergyman that morning that one of the farmers in his parish had not in three and a half Cheshire acres of potatoes sufficient sound for his own household use. As he came from London last Wednesday he saw all the way down that the crops were then full of weeds, and that when the grain harvest was got and put in stack the sheaves were but small, and they were dripping with wet.'

After referring to the prevailing depression, which he attributed largely to habits of luxury and extravagance, his lordship said:

'When he was a young man it was the rarest thing imaginable to see on the table of the rich man a bottle of champagne. It was only brought out on some very festive occasion—a wedding day, the celebration of a silver wedding, or on the occasion of the rare visit of some very valued and respected friend. But how now? They could not go anywhere without seeing champagne at ros. a bottle, and the most costly wines on the table. All must agree that the habits of the people had got extravagant. But we were being brought to our senses. A Liverpool paper, a few days ago, said, alluding to his speech at Leeds, that the circumstances of the day would forbid people going on in these luxuries. Yes, they would. People would be compelled to be careful and provident—to fare simply, and to live modestly and moderately. Young men would have to reduce their expenditure in billiards, cigars, and other amusements, and it would be none the worse for them. They did not need to be always rollicking and revelling to have a pure and happy life. There was a great deal of happiness to be got out of a simple and quiet life, and this chastisement came beneficially to the nation, which seemed to be considering that it could be independent of a God.'

* A penny edition of 'Nothing to Wear' will be ready on October 13th, including the article on 'Dress and Home,' by the Rev. C. H. Collins, M.A. It will be finely printed on good paper. Order *House and Home* edition of 'Nothing to Wear,' 335, Strand.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge*.

—Elegies,

And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

The fountain of content must spring up in the mind, and he who has so little knowledge of human nature as to seek happiness by changing everything but his own disposition, will waste his life in fruitless efforts, and multiply the griefs which he purposes to remove.—*Johnson*.

How sharper than a serpent's tooth it is
To have a thankless child.

Shakespeare.

God is where the sun glows, God is where the violet blows, is where youn bird is flapping its wings, is where this worm is moving. Though no friend, no man, be with thee, fear nothing! Thy God is here.—*Dinter*.

The night is long that never finds the day.—*Shakespeare*.

He does me double wrong, that wounds me with the flatteries of his tongue.—*Shakespeare*.

Girls cannot be better brought up than by their mother; public education is not suitable for them.—*Napoleon*.

Care is no cure, but rather corrosive,
For things that are not to be remedied.

Shakespeare.

He that has never known adversity is but half acquainted with others or with himself. Constant success shows us but one side of the world.—*Colton*.

The worthiest people are the most injured by slander, as we usually find that to be the best fruit which the birds have been pecking at.—*Swift*.

Good-breeding is the result of much good-sense, some good-nature, and a little self-denial for the sake of others, and with a view to obtain the same indulgence from them.—*Chesterfield*.

When we feel a strong desire to thrust our advice upon others, it is usually because we suspect their weakness; but we ought rather to suspect our own.—*Colton*.

—Heaven's gates are not so highly arched
As princes' palaces; they that enter there
Must go upon their knees.

Webster.

A good man acts with a vigour and suffers with a patience more than human when he believes himself countenanced by the Almighty.—*Blair*.

To tell our own secrets is generally folly, but that folly is without guilt; to communicate those with which we are entrusted is always treachery, and treachery for the most part combined with folly.—*Johnson*.

Seek not to know to-morrow's doom;
That is not ours which is to come.
The present moment's all our store:
The next, should heaven allow,
Then this will be no more.
Look on each day you've past
To be a mighty treasure won,
And lay each moment out in haste;
We're sure to live too fast,
And cannot live too soon.
Youth doth a thousand pleasures bring,
Which from decrepit age will fly;
The flowers that flourish in the spring,
In winter's cold embraces lie.

Congreve.

There is no saying shocks me so much as that which I hear very often, that a man does not know how to pass his time. It would have been but ill-spoken by Methuselah in the nine hundred and sixty-ninth year of his life.—*Cowley*.

THE HOUSEWIFE'S CORNER.

MACARONI WITH TOMATO SAUCE.—NEAPOLITAN METHOD.

Throw one pound of macaroni into a saucepan of boiling water and salt—the water must be quite boiling. When sufficiently cooked—in Italy it is liked firm and far less boiled than in England—strain off all the water, put it into a saucepan with three ounces of butter, three ounces of grated Parmesan cheese, and the tomato sauce. Keep it on the fire until the macaroni acquires a fine colour from the tomatoes, but care must be taken not to keep it too long on the fire, lest it become soft and pasty. The tomatoes are prepared for the sauce as follows—take ripe tomatoes, wash, dry, and cut them into halves; put them into a saucepan without any water, with salt, pepper, a few cloves, a little onion and celery, and boil till sufficiently done; pass through a sieve, and pour into the saucepan of macaroni as above.

INDIAN METHOD OF DRESSING CURRY.

Stew, but not too long, whatever meat you select, in water enough to cover it. Mix the curry powder with milk, salt, and lemon juice; add this to the liquor of the meat; fry a few onions of a light brown, and put in these just before dishing.

ONION AND SAGE FRITTERS.

Chop small four middling-sized onions, fry them a nice brown, mix them with some bread crumbs, a teaspoonful of powdered sage, pepper and salt; beat four eggs very well and put in; then mix all well together, and fry the fritters in olive oil and butter over a quick fire. Reserve about a third part of the fried onion to put in the dish with brown gravy.

Apple sauce and mustard are a great improvement to this dish; also a little powdered sage put into the gravy, or sprinkled on the fritters.

TO BOIL TURNIPS.

When you have pared the turnips, cut them in slices, then put them in a saucepan, and cover them with water. As soon as they are done enough, take them off the fire, put them into a sieve and drain them well. Mash them well with some butter or cream and a little salt and pepper, then serve hot.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

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HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 38, Vol. II.]

SATURDAY, OCTOBER 11TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE BISHOP OF MANCHESTER.

[PRESIDENT OF THE SOCIAL SCIENCE CONGRESS.]

... CONSTRUCTION ...
BUILDING SOCIETIES: DIRECT

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ANGLICAN WORK IN THE EAST

PENNY

SATURDAY, OCTOBER 11

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: OCTOBER 11th, 1879.

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THE BISHOP OF MANCHESTER.

[PRESIDENT OF THE SOCIAL SCIENCE CONGRESS.]

THE RIGHT REV. JAMES FRASER, D.D., Bishop of Manchester, was born at Prestbury, near Cheltenham, in 1818. He was educated at Bridgenorth, at Shrewsbury (under Dr. Butler) and at Lincoln College, Oxford, in which university he obtained the Irish scholarship in 1839, taking his B.A. degree in the same year, when he gained a first class in classics. In 1840 he was elected a fellow of Oriel College, and he acted as tutor there for five years. On the 3rd of February, 1870, he was created D.D. by diploma at Oxford. Dr. Fraser accepted the college living of Cholderton, Wilts, in 1847, which he held until 1860, when he exchanged it for that of Upton Nervet, near Reading. While connected with the Diocese of Salisbury, he became chaplain to the late Bishop Hamilton, Chancellor and Prebendary of Salisbury Cathedral, and chaplain to the Diocesan Training School. He was select preacher at Oxford in 1854-56, and subsequently in 1862-64.

Under the Duke of Newcastle's Commission, in 1858-60, Mr. Fraser took an active part in connection with education. He presented to the Commission a valuable 'Report on Elementary Education in England.' He also reported on the educational systems of the United States and Canada to the School Inquiry Commission of 1865, of which he was Assistant Commissioner. This report, a bulky volume, was reprinted at Sydney in 1868, by order of the Legislative Assembly. He was a member of the Commission appointed in 1867 to inquire into the employment of women and children in agriculture.

In January, 1870, Mr. Gladstone selected him to succeed the late Dr. P. Lee in the Bishopric of Manchester, and he was consecrated to the See on the 25th of the following March. Dr. Fraser, as Bishop of Manchester, has added to his popu-

larity, and to the esteem in which he is held, by his Liberal attitude, and by the interest he evinces in social questions.

After an interval of thirteen years the Social Science Congress assembles again in Manchester. When it met there in 1866 the Earl of Shaftesbury was president, but on this occasion it would have been difficult indeed to have imported into Manchester a president as well qualified for the position as the distinguished prelate and social reformer who has charge of the diocese. Indeed, Dr. Fraser would be hailed as a fit president of the Social Science Congress wherever held.

THE PRESIDENTIAL ADDRESS.

The address delivered by the president on the 1st inst., whether in regard to its ability, range, or practical character, will not suffer by comparison with the utterances of even the most distinguished presidents of previous Congresses. The bishop, it is true, set out with an apology for occupying the position. He claimed 'so much, in depreciation of severe criticism, and by way of personal explanation,' for, said his lordship :

'I have acquired such a bad reputation for talking on every conceivable subject, among people who hardly know what the diocese of Manchester demands from its bishop, that I did not wish it to be supposed that this opportunity of making my voice heard had been courted by me. I would have given anything to have escaped from it.'

After discussing the term social science, which his lordship hardly thought a sufficiently expressive one to reflect the object of the association, he touched upon agricultural distress, the increasing division of classes in society, the crowding and inefficient dwelling accommodation among the working classes; education, and the boarding-out system.

In passing on to the consideration of hygiene, the learned president expressed the opinion that :

'Good health in towns may be said to depend upon four primary conditions : A good water supply, good drainage, good air, well-constructed and wholesome homes.'

In enforcing his views, he enlarged upon the questions of 'water supply,' 'sewage,' 'noxious vapours,' 'smoke consumption,' and 'unhealthy dwellings,' upon which question the bishop said :

'At present the houses, as a rule, rise directly from the surface of the ground, without any intervening airspace. The walls are excessively thin, and the mortar of the poorest quality. Such houses are necessarily damp, and must be productive of rheumatism, heart-disease, and bronchitic affections. An airspace at the basement should be insisted on, and means adopted for preventing the rise of moisture into the walls, which should be thicker and of better quality. The facilities for obtaining intoxicating liquor should also be diminished, as there can be no doubt that not only those who indulge in continued and excessive drinking suffer greatly in health and have their lives shortened, but that young children suffer greatly and are subject to an excessive rate of mortality from the neglect to which they are exposed in consequence of the indulgence of this vice. It is much to be regretted that workmen's villages, constructed with due regard to the requirements of health, cannot be founded, and provided with frequent and rapid means of communication with the city.'

BURIAL v. CREMATION.

After referring to the dangerous and insanitary condition of cemeteries, his lordship said :

'On Friday last I consecrated a portion of a new cemetery, provided by the Corporation on the south side of Manchester, fully five miles from the centre of the city, containing ninety-seven acres, at a cost, including the

land, the fencing, the laying out, and the inevitable three or four chapels, of £100,000. It is very beautiful; but two thoughts occurred to me as I was consecrating the portion of it assigned to those who desire to be buried according to the rites of the Church of England. In the first place, this is a long distance for the poor to bring their dead; in the second place, here is another hundred acres of land withdrawn from the food-producing area of the country for ever. I do not think we always observe or calculate how much this area is being gradually contracted by the infinite number of works and processes requiring space, but not producing food, which are encroaching more and more upon it every year; nor to what extent the power of the country to support its population is reduced thereby. *Jam paucæ aratus jugora vigio roles relinquent.* In times of peace and plenty we can afford to be indifferent to this consideration; but I can easily conceive the existence of circumstances which would make this a very serious condition indeed. I feel convinced that before long we shall have to face this problem, "How to bury our dead out of our sight," more practically and more seriously than we have hitherto done. In the same sense in which the "Sabbath was made for man, not man for the Sabbath," I hold that the earth was made, not for the dead, but for the living. No intelligent faith can suppose that any Christian doctrine is affected by the manner in which, or the time in which, this mortal body of ours crumbles into dust and sees corruption. I admit that my instincts and sentiments—the result, however, probably of association more than of anything else—are somewhat revolted by the idea of cremation. But they are perhaps illogical and unreasonable sentiments. The theory of cremation was introduced in the way most calculated to shock those sentiments. One did not particularly care to read in the papers how men of science stood, watch in hand, by the side of one of Siemens's cremation furnaces, and watched the process of destruction, and counted the minutes and seconds which it took to calcine the different members and tissues of which the body is composed. But Sir Henry Thompson has stated the case in a calm and thoughtful paper, which shows how little ground there is for the somewhat morbid sentiments that indeed prevail in relation to the whole subject of the interment of the dead. There is another method, which is popularly known as "the earth to earth system," which may be as efficacious; and if so, would be preferred by myself and many more. All I call attention to is that it is a subject that will have to be seriously considered, and that before long. Cemeteries are becoming not only a difficulty, an expense, and an inconvenience, but an actual danger.

THRIFT.

'How to encourage habits of thrift and providence, and at the same time to repress the tendency to pauperism and mendicancy, are two of the most important and difficult social problems presented by populations aggregated in large masses; and there are no questions in which a more careful discrimination is needed to arrive at a true estimate of the case. That there is a thriftless section in every class of society, from the highest to the lowest, there can be no doubt; and that perhaps nearly all members of all classes have in the last few years been living at a more extravagant rate than prudence could justify, is probably true also. But, at the same time there are many encouraging symptoms on the other side. Professor Leone Levi estimates the earnings of the labouring classes in 1878 at about £420,000,000, of which £350,000,000 was received in cash, and £70,000,000 in board, lodging, clothing, and other requisites. He further estimates the difference in wages to the working class between prosperous and bad times to be as much as £50,000,000 a year; and he says that in the three prosperous years 1871-73 the labouring class received some £70,000,000 a year, or an aggregate sum of £210,000,000, above the normal amount. In 1878, the total amount invested in the savings banks of both kinds in the United Kingdom, which represents mainly the savings of the working class, was £74,705,000, and, though this is an increase of £21,700,000 on the deposits of 1870, yet the professor thinks this is but a poor account of the savings of the last eight years, during the greater portion of which, he says, the wages were liberal. He says "there remain £63,000,000 which should have been saved, and stand now to the credit of the labouring classes in some form or other." But the professor should remember that the savings banks only represent one particular form of saving, and act more as a kind of social barometer than anything else, indicating whether the tendency to save is on the increase among the people or not.'

HOUSE PROPERTY AS AN INVESTMENT FOR THE WORKING CLASSES.

'I am told that in Lancashire—and particularly in Oldham—a considerable and increasing number of working men live in houses of their own; and

though I don't know, remembering the shiftings of manufacturers and trading industries, and how valueless cottage property becomes except in connection with some large centre of employment, that it is a kind of investment I should be disposed to recommend very strongly to working men, still the fact which I have mentioned is an evidence of thrift. There have been some counter influences at work, it is true, in Lancashire, which, if one relied on the savings bank test alone, is the most thrifty county, or at least has the largest sum invested in savings banks, of any county in England. I have heard thoughtful people say that the period of the cotton famine was, in a way that perhaps might not be expected, the most disastrous period through which the population of Lancashire ever passed. Up to that date a Lancashire operative had been ashamed to beg; and though the best specimens of the class are ashamed to beg now, yet under the operation of that principle of the poor law which refuses aid to those who have any resources remaining of their own, even steady people who saw their reckless neighbours getting help at the very outset of the distress, and themselves at last reduced to the same level, became demoralised by the spectacle, and seemed to lose their faith in the principle of providence.'

COMPULSORY INSURANCE.

'The Rev. W. L. Blackley, rector of North Waltham, Hants, has recently put forth a scheme, which may briefly be described as a scheme of compulsory insurance, by which he thinks the independence of every man can be secured, and the curse of pauperism extirpated; and the suggestion has excited a good deal of attention, and from sanguine persons received considerable encouragement. He assumes that every young person—I am not sure whether he extends the system to females—could, between the ages of eighteen and twenty-one, lay by 2s. a week; that this sum should be paid to a national fund, secured by a national guarantee, and that, in return for a completed payment of £10, he should be assured till he reaches the age of seventy of an allowance of 8s. a week while hindered by sickness from earning wages, and 4s. a week pension for every week he lives after seventy ("Independence v. Pauperism," p. 4). And he would secure this result by making this insurance compulsory. The arguments advanced in support of the scheme are ingenious and perhaps logical, but there is an inexorable logic of facts which I am afraid is against it, and the English people's notion of the functions of government must be considerably extended before there can be much chance of its being realised.'

THE GREAT SOCIAL DOCTRINES OF CHRISTIANITY.

'The great social doctrines of Christianity are all based on the idea of brotherhood. "Do to others what ye would they should do to you," "Master, render to your servants that which is just and fair," "Bear ye one another's burdens, and so fulfil the law of Christ," "We that are strong ought to support the weak, and not to please ourselves," "Look not every man on his own things, but every man also on the things of others." These are some of the great principles, which when they were first published were indeed a revelation, which are happily the common property of all the churches, and by which those churches, if only they were true to them, might regenerate the world. It is only, in my judgment, by the steady application of these principles to the practical details of life, that society can be saved. *Incedimus per ignes suppositos.* If you think it is too strong a phrase to talk of "society being saved," just look for a moment on the picture drawn by a master-hand of what the state of society is. "The ignoble love of ease and pleasure," wrote the Bishop of Peterborough, in his charge just a year ago, "the degrading worship of wealth; the demoralising frauds and dishonesties that come of the lust to possess it; the senseless extravagance of luxury that follows too often on its possession; the effrontery of vice that, flushed with pride and fulness of bread, no longer condescends to pay to virtue even the tribute of hypocrisy; the low cynicism that sneers away all those better thoughts and higher aims that are the very breath of a nation's noble life; and, springing out of these, the strife of interests, the war of classes widening and deepening day by day, as the envious selfishness of poverty rises up in natural reaction against the ostentatious selfishness of wealth; the dull, desperate hate with which those who want and have not come at last to regard the whole framework of society, which seems to them but one huge contrivance for their oppression; the wild dreams of revolutionary change which shall give to all alike, without the pain of labour and self-denial, those enjoyments which are now the privileged possession of the few, but which the many long for with a bitter and a persistent longing—these are some of the seeds of evil, which, sown in our own soil and by our own hands, may one day rise up an exceeding great army, more to be dreaded than the invading hosts of any foreign foe. The glare and the glitter of our modern civilisation may hide these from

our view for a time; we may fail to see how some of the most precious elements of our national greatness are withering in its heated atmosphere, or what evil things are growing to maturity in the darker shadows that it casts; but they are there nevertheless, and if we heed them not and reform them not, the time may come when we may wish that the sharp and sobering discipline of war—nay, even the terrible trials and sorrows of defeat—had visited us in time to save us from the greater horrors bred of our own sins in times of profoundest ease and peace." But I do not wish to take leave of you in a desponding frame of mind. I would not have you adopt the pessimism of Virgil:

"Sic omnia fatis
In pejus ruere, ac retro sublapsa referri."

The world is God's world, not the devil's. Good is stronger than evil, truth than falsehood, right than wrong. There are remedies for each and all of these evils if we knew where to look for them, and if, when found, we have courage to apply them. He, whose divine words have echoed from the Galilean mountains to the furthest limits of the civilised world, has taught us to "seek first the kingdom of God and His righteousness, and all other things," on which our hearts may lawfully be set, and which it is good for us to have, "shall be added unto us."

AN ENGLISHMAN'S VIEW OF SOME AMERICAN INSTITUTIONS.

THE following interesting view of some American institutions is taken from a letter recently received by one of our subscribers from an English friend who settled in New York some years ago:

CONEY ISLAND AND ITS ATTRACTIONS.

'Had my means permitted it, I would have gone into the country for a few weeks this summer, but I could not afford it, so was obliged to remain in town, and to content myself with a trip to Coney Island two or three times a week. I don't know if you remember the place. It is a sandbank on Long Island, just below the Narrows, about six or seven miles long, and within an hour's sail from the city.

'Although a splendid bathing-place, having a magnificent beach on the ocean, it was entirely neglected by the public generally, and frequented only by rowdies, until within the last two or three years, when a Boston company came forward and bought 500 acres of the beach, on which they erected a colossal hotel. The "Manhattan Beach" is another first-class hotel of similar size; besides which a dozen or more second-class hotels have since sprung up, and Coney Island is now probably the most frequented watering-place in the world. It is no uncommon thing to see fifty or sixty thousand people there at a time, and on the 4th of July it is estimated that 150,000 persons visited the beach, of whom I was one. I enclose a description of the "Manhattan Beach Hotel," and the other first-class hotel, the "Brighton Beach," is on an equally gigantic scale. Both hotels have been crammed full all the season, so that it was almost impossible to get a room to sleep in. To give you some idea of the business they do, the last day I was down on the island I wanted to take my dinner at the "Manhattan Beach Hotel," but could not find a place to sit down, although they can dine about 2,500 people at a time. They employ about 700 servants of one kind or another, and use on an average 30,000 napkins every day. You see we do things on a colossal scale in this country.

'There is also a magnificent iron pier, covered all over, 1000 feet long by 50 and 120 wide, which is a delightful place to spend a hot day on; and there is no occasion to leave it, as

there is an excellent restaurant on the pier where you can dine.

'Altogether Coney Island is a wonderful place, and the two principal hotels are so attractive with their excellent bands of music, and grounds beautifully laid out, that it almost reconciles one to remaining at home during the summer; for, at a cost of fifty cents there and back, you can run down to the island and spend the day there. Next season 300 feet are to be added to the "Manhattan Hotel," as the present house, large as it is, is much too small to accommodate the numerous applicants for rooms.'

THE ELEVATED RAILROADS.

'The elevated railroads are a great success. They are now completed both on the west and east sides of the town as far as Harlem. They are not very sightly, but they do not obstruct travel in the streets much, as they are built high enough to admit of the passage of carriages and carts beneath them. The chief objection to them is the noise, but even that one soon gets accustomed to. I live within four doors of the 6th Avenue Road, and it no longer disturbs me in the least, even when I sleep with my windows open, which I always do in the summer. At first horses in carriages were much frightened by the noise of the trains, but now they don't seem to mind it in the least. The cars on the 6th Avenue Road are very luxurious, and they make very quick time, considering the numerous stoppages they make—at every eighth street. It takes me about twenty minutes to go from my office to the Central Park by the railroad, whilst by the horse-cars it takes fully an hour.'

THE CENTRAL PARK AND AMERICAN POLITICS.

'The Central Park, I am sorry to say, is not kept up as it used to be when controlled by private gentlemen. It is now managed by politicians, and as a natural consequence, is shamefully neglected. Politics are the curse of this country, and it is almost impossible to keep any institution free from them. I was in hopes the park would prove an exception, but it has not, unfortunately. Still, it is a very beautiful spot, and if properly cared for, with its natural advantages, might be made one of the finest parks in the world. I don't know if you remember that the Prince of Wales when here planted two trees in the park—an English oak and an American elm. The former has not thriven, being still a small stunted thing; whilst the latter has grown into a fine large tree.'

THE WATER SUPPLY, ENGLAND'S TROUBLES AND AMERICAN PROSPECTS.

'The water supply is causing a good deal of anxiety. Between the Crator River and the reservoir near it there is an ample supply, but the present aqueduct is not large enough to bring it into the city, and it is now in agitation to construct another and larger one, which will take some years. What horrible weather you appear to have had in England all this year—such a contrast to the fine clear weather we have had here. It is fortunate that we shall have plenty of grain to send you at moderate prices to relieve your wants. What with short crops, bad trade, and the Zulu and Afghan troubles, poor England has enough on her hands at present, but I have sufficient confidence in the energy and pluck of my countrymen to believe that she will come out all right yet.

'What troubles me most is the agricultural question, which is a very serious matter. This country, to all appearance, is on the eve of a season of great prosperity. I wish I could see the way to avail myself of it, but I am afraid I am too old-foggyish for the present way of doing business.'



HYGIENE.

THE SUPPLY OF DRINKING WATER.

BY EDWIN CHADWICK, ESQ., C.B.

[From the Presidential Address delivered to the members of the Congrès de l'Eau Potable, which met last month at Amsterdam.]

At this present time, agriculture is seriously injured, and the sources of water supply are disturbed by extraordinary storms and floods. Our inquiries have been more extensive and closer than heretofore in the rural districts, and the conditions of the supplies are found to have intimate and extensive relations with the conditions of agriculture. The objects of agricultural science and art are to obviate the evils of excesses and deficiencies in water supplies. Their objects are not to make land dry, but moist—to adjust the moisture to the 'hygroscopicity' of the soil, and to the proper feeding and growth of plants. And these conditions are conducive to the health of men and animals, and to the purity of water sources, by avoiding the evils of stagnation, and also to the purity of the air, by the reduction of damp and the prevention of marsh miasma.

On traversing a district with an intelligent medical officer in the evening, we saw, from an elevation, a valley in great part covered with mists. 'Those mists,' said he, 'cover the greater portion of my patients; outside, and in the clear space, I have little demand for my services, except for midwifery cases and accidents.' Damp reduces force, and generates rheumatism, and, when in excess, ague and fevers. Land surcharged with stagnant surface water, engendering the composition of animal and vegetable matter and marsh miasma, is, I need not say here, surcharged with water which it is dangerous to drink. Since the relief of our fen districts from surplus moisture, by open cuts or drains to so-called 'sumps,' whence it is carried away by steam-power, the health of men and animals has been improved, and now scarcely ounces of bark are needed where pounds were formerly used as medicine. But the effluent water, discharged into the rivers, carries with it the surface washings of the land. Our improved mode of land drainage is collaterally a method of obtaining water of a superior quality. An inventive man, an old friend of mine, the late Mr. Smith, of Deans-ton, set to work to devise a reaping machine. But for his purpose a level surface was needed, so that his shears might make close and clean cuts. The ridges and furrows interfered with his operation. They carried away, by the surf washings of the soils, some of the most fertilising manure, and discharged it into the river, rendering the water of an inferior potable quality. He was led in pursuit of his invention to devise the method of removing surplus moisture through the land by permeable tile drains, instead of over the lands by open cuttings. By the depth of his drains he adjusted the water table to regulate the 'hygroscopicity' of the soil. This was the origin and principle of the system of subsoil drainage by permeable drains, now in extensive use and progress in England, though from obstacles too long to detail, in far smaller proportion than the needs.

You may observe in passing through the lower districts of Holland, Belgium, and France, the stagnant water of ditches standing within some foot of the surface, and that, although the tillage may be good, the crops are thin. 'Through' drainage, by lowering the water table to the depth required, which may be some three feet below the surface, gives the plants a proportionate augmentation of feeding ground, with the result of a larger yield of produce.

In some instances this work has repaid its expense in four years, and generally it has repaid itself in eight years. In Holland, you have at the farm of Mr. Amersfoort, Lake of Harlem, a normal example of the working of this system of 'through' drainage, with the economic results of a considerable improvement in the health of cattle, and, I am confidently assured, with a corresponding result of the improvement of the health of the labourers employed, as compared with undrained lands. You will see from these facts that landed interests are deeply involved in the sanitary aspect of this question, by promoting the health of the workmen and of the stock upon their farms.

By this process of 'through' drainage, the manurial surface matter, which was washed from the land into the streams, rendering them of inferior potability, is carried down into Nature's laboratory, and enters into chemical combination with the soil, being absorbed by the roots of the plants. For our purpose of water supply the soil is, by this process, constituted into a natural filter. Artificial filters are of narrow capacity, and even those of the best construction soon become clogged, but filtration by permeable drains—each of which may be considered a long filter, it may be fifty or a hundred yards long—through soils occupied by vegetation, where the surface water is not intensely charged with manurial matter, is more effectual than any other, and even where the water is surcharged with manurial matter, as in the sewage farms, the effluent water is found to be more purified than by any other method of filtration. On observing the outfall of surface and subsoil drained land, you see the contrast—from surface drained land the outfall after storms is running like thick soup; the outfall from the subsoil drained land, when the work is properly done, will be seen running in a clear crystalline stream, of inviting appearance and real potability. Where sandy land is uncultivated and unmanured, the water discharged is purer than rain water, because, in passing through the sand, the sparse vegetation deprives the water of the washings of the air through which the rain has passed.

In our first General Board of Health we engaged Mr. Smith, of Deans-ton, the first inventor of the subsoil system, chiefly for the purpose of directing its application for obtaining potable water for the population, in cases where there was adjacent uncultivated sandy land available for the purpose. But we lost his services by death, before he could apply them. In the first instances where the principle of subsoil drainage was applied, we found the areas required for supplies were more extensive, and the storage needed was greater than was at first estimated, and more powerful obstacles from the landed proprietors to the removal of the surplus water, by which they would have been greatly benefited, had to be encountered than was to be expected. But where the works were properly conducted, supplies of potable waters were obtained, well aerated and of a superior order, and such as would often make the fortune of a watering place as a health resort. This branch of our subject is of an amount of importance that would alone well occupy the labours of a distinct association for its advancement.

We have also natural subsoil filtration as a means of obtaining pure water, free from animal or vegetable organisms. The deeper the filtration through natural strata, such as those of the chalk formation, the more perfect the precipitation. But then the deeper those sources are, the greater usually are the mineral impregnations drained in the course of the water. Now, every grain of chalk in water reduces its solvent power for food, as well as for other purposes. We have had evidence that persons accustomed to soft water become dyspeptic when removing to hard water districts. Animals, horses particularly, are frequently much affected by the change. But by the process called 'Clark's process,' of adding lime to precipitate dissolved chalk, it is possible in many cases to reduce the amount in solution from sixteen or eighteen grains per gallon, or degrees of hardness, as it is called, to between four and six degrees of hardness. The process has been carried on, in some very successful instances, on a sufficiently large scale to prove its extensive applicability. Mr. Bateman, the well-known English engineer, who has conducted some extensive works for bringing in

soft water, chiefly from the surface washings of granite or strata of the primitive formations, observed to me that, in one instance where he had applied this 'Clarke's process,' he considered the water obtained to be about as good as his Loch Katrine water, a water of some two degrees of hardness; but I venture to believe that water so softened is better than the Loch Katrine water, delivered with its 'water lice,' generated in the uncovered reservoir lake, or than water derived from the surface washings of granite, in times of storm containing infusions of peat, which do not agree with the dyspeptic.

Let me now state how in these times the supplies of potable water, chiefly for urban populations, are commonly affected by the widely prevalent methods of collection and distribution. The old supplies from wells, with the addition of the rain water collected from the roofs of buildings, having been found to be insufficient or inconvenient, and deteriorated by the soot from the roofs, and the local authority being incompetent to judge of new works, or unwilling to incur the responsibility of undertaking the supplies as a public service, some engineer, or contractor, or a solicitor, has invited capital for the formation of a company, to undertake the work as a speculation for a trading profit on a guarantee of a monopoly, and a trading promise of a high dividend. Recourse is had most frequently to the nearest river, as the source of supply obtainable with the least trouble, and without contest with proprietors, by going far afield for spring sources, but without much regard to the importance of purity in the quality of the water. The quality of the river supplies may not be much affected by the surface washings of the lands, except when they are highly manured or washed by considerable storms. But they are affected injuriously to an increasing amount by the sewage of towns, by all the fouled water from kitchens and domestic uses, even where the towns and villages are not water-closeted. It is important to observe, as found by our commissioners of inquiry into the purity of river waters, that the water-closet system adds only about one-fifth to the common pollutions of river waters. We found these river waters carried for storage, and for the subsidence of impurities, into open reservoirs. There vegetation and animalcules rapidly appear, and rapidly die, and taint these waters with their putrefaction.

Filter beds are sometimes added to take out much of that which the open storage reservoirs have generated or taken in. But the microscope demonstrates that filters generally are only sieves which arrest large visible living organisms, and often let pass invisible animal organisms, and the most deleterious matters for potable water. Such have been, and frequently are now, the conditions of the large external works of public water supply. The supplies so collected are delivered into the towns intermittently, mostly at intervals of days, when the water is subjected to the most dangerous conditions of all for potability. The highly absorptive power of water, and its avidity for some gases to many times its own bulk, is generally overlooked. In conditions of stagnant detention in butts and cisterns it absorbs the noxious gases of cesspools and all decomposing refuse.

It has recently been demonstrated that water of the highest purity—deep chalk spring water—free from all living organisms, and highly aerated as conveyed in mains, is de-aerated under conditions of stagnant detention; when, imbibing the impure air from drains and cesspools, it becomes more dangerous to drink than even inferior water derived from river sources, which is taken direct from the mains without detention in cisterns, especially in ill-drained and ill-cleansed neighbourhoods.

The knowledge of the carrying power of water for the transmission of specific disease has lately been greatly extended, that is to say, as to its power of transmitting the excrements from patients labouring under specific disease, and the epithelia diffused in close rooms, from patients suffering from scarlet fever or small-pox. Water, polluted with the emanations from diphtherial patients, has been given to kittens and chickens, experimentally, and produced diphtheria in them. The effective analysis of water comprises the

analysis of the air which it absorbs, and, although air-analysis has been greatly advanced by Dr. Angus Smith and other chemists, there is confessedly much yet to be done in it. But it may be said that in drinking water from a mountain source, which has been taken direct, and without exposure and stagnation, we are drinking mountain air; taken after stagnant detention in open cisterns in towns, we are drinking town air; taken after the stagnant detention in the crowded, ill-ventilated sick rooms, we may be said to be drinking the seeds of the prevalent diseases of the zymotic class. Medical officers of health have declared to us that, in towns so supplied, they are very chary of drinking water unless they know its source, and that they prefer alcoholic drinks. The general security is, that water is not habitually drunk in districts so supplied, except by accident or necessity. It is only used as tea, or as soups, after boiling, when the dangerous elements are eliminated or reduced. The general fact with us in London is, that the mass of the wage-classes do not drink water but beer, or some alcoholic beverage, hence the gigantic evil of intemperance and unthrift from which we suffer, to contend against which is one of the great objects of our movement for obtaining potable water for the population. What is to be said of the state of those who use death-rates of populations as tests of the qualities of water which they never really habitually drink!

(To be continued.)

A CUNNING EXPEDIENT.

THERE is a fable among the Hindoos that a thief, having been detected and condemned to die, happily hit upon an expedient which gave him hope of life. He sent for his jailor and told him a secret of great importance which he desired to impart to the king, and when this had been done he would be prepared to die. After receiving this piece of intelligence, the king at once ordered the culprit to be conducted to his presence, and demanded of him to know the secret. The thief replied that he knew the secret of causing a tree to grow which would bear fruit of pure gold. The experiment might be easily tried, and his majesty would not lose the opportunity. The king, accompanied by his prime minister, his courtiers and his chief priest, went with the thief to a spot selected near the city wall, where the latter performed a series of solemn incantations. This done, the condemned man produced a piece of gold, and declared that if it should be planted, it would produce a tree, every branch of which would bear gold.

'But,' he added, 'this must be put into the ground by a hand that has never been stained by a dishonest act. My hand is not clean; therefore I pass it to your majesty.'

The king took the piece of gold, but hesitated. Finally he said:

'I remember, in my younger days, that I often filched money from my father's treasury which was not mine. I have repented of the sin, but yet I hardly dare to say my hand is clean. I pass it to my prime minister.'

The prime minister, after a brief consideration, answered:

'It were a pity to break the charm through a possible blunder. I receive taxes from the people, and, as I am exposed to a great many temptations, how can I be sure that I have been always perfectly honest? I must give it to the governor of the citadel.'

'No, no!' cried the governor, drawing back. 'Remember that I have the serving out of pay and provisions to the soldiers. Get the high priest to plant it.'

The priest said:

'You forget that I have the collecting of tithes, and the disbursements for sacrifices.'

The thief exclaimed at length:

'Your majesty, I think it were better for society that all five of us should be hanged, since it appears that not an honest man can be found among any of us.'

In spite of the lamentable exposure, the king laughed; and so pleased was he with the thief's cunning expedient, that he at once granted him a pardon.—*Eclectic Magazine*.

DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

(Continued from page 165.)

'MILK FOR BABES.'

CHAPTER IV.

MATERNAL NURSING.

FROM a consideration of the facts in the previous chapters, it cannot reasonably be doubted that milk is the only food suited for the first six or eight months of infant life. It is the food which an all-wise Creator has provided, and possesses all the elements essential for life and growth; and not only so, but in the exact proportions and so diluted with water as to approximate as nearly as possible the vital fluids of the body. In the second chapter it was shown that three classes of food were required for the nutriment of the tissues, viz., white of egg (albuminous), sugar (saccharine), and oil (oleagenous), and also saline ingredients, especially the phosphates of lime, magnesia, and iron. These inorganic elements are essentially necessary in order to promote the growth of the infant. They consolidate the bones, and produce red corpuscles in the blood. The composition of milk is very nearly allied to that of blood. Milk contains:

Water	88	per cent.
Cheese-Albumen (nitrogenous matter)	4	per cent.
Cream, butter (oleagenous)	3	per cent.
Sugar (hydro-carbon)	4½	per cent.
Salines (phosphates of lime, chlorides of soda, iron, etc.)	½	per cent.

This is the dietary which suits well every requirement of the newly-born. It is the only compound supplied by nature in which such a combination exists, and no artificial combination can supply its place. In this matter nature refuses the chemist to act as her journeyman. Still there are those who profess to know better than the All Wise, and exhibit their folly by compounding and administering all kinds of 'Infants' Food.' Those preparations that more nearly approximate milk in constitution are the best, but the best are bad. Others are chiefly starch in one form or another, which the child cannot possibly digest. All artificial foods certainly fill the stomach, and the child suffers from slow starvation, because the required elements are not present, or are not in such proportions or conditions as to permit digestion and assimilation to be effected. It is difficult to make nurses understand that an infant is being slowly starved to death, when it is regularly fed, and gets its stomach full of thick, farinaceous food; but so it is. The evils resulting from flour food in early infancy do not stop at malnutrition, which is the starting point of many serious diseases, but produce colic, gripes, and diarrhoea, and then recourse is had to a pernicious system of drugging. All kinds of 'infants' preservatives,' 'sooth-

ing syrups,' etc., are poured down the little sufferer's throat, producing more or less injurious or poisonous consequences. The rational treatment, which consists in removing the causes that irritate the stomach or nervous system, is not adopted. Artificial food and drugging go hand in hand. The one necessitates the employment of the other. It is true that some children appear to be so tough that nothing short of actual violence will kill them, and that they may take a certain amount of farinaceous food, when combined with milk, and not appear to suffer from it—but it must be borne in mind that this is not the rule. Further, it is the milk that feeds the child, and the flour food simply fills the stomach. If those who believe that art is to supersede nature, and by giving artificial foods seek prematurely to develop the infant, let them count on the risks they run. Let them pause in their experiment as soon as flatulency, gripes, screaming, or ill-temper bear witness to suffering induced by dyspepsia caused by improper food. These symptoms are not to be cured by drugging. It is true that the acute pain may be allayed by substances in the pharmacopœia, but the proper treatment is to return to a diluted milk diet. The only food suitable for a newly-born infant is milk. This may be obtained in three ways; viz., from the mother, or the wet-nurse, or the bottle.

Some few remarks on the comparative value of these methods of milk-feeding may be interesting and instructive. First, with respect to maternal suckling. It is a matter of the highest importance that whenever possible the mother should suckle her child. Some of the reasons given for not suckling are light, frivolous, and contemptible, when compared with the sacred duties which maternity enjoins. It is lamentable to consider the artificial state of society. The unscrupulous demands of fashion have, in not a few instances, led to disease and death of many infants. The slaughter of the innocents in the days of Herod claims the attention of the historical student, and creates a feeling of repugnant horror at such barbarities; but the Herodian murder of infants is nothing compared to the thousands which are sacrificed on the altars of ignorance and fashion. The history of their slow sufferings and death is not written with the point of the sword in characters of blood. They pass away silently, like snow when it thaws, and consequently fail to attract general attention. It is only when the startling figures of the Registrar-General show the enormous waste of infant life that the question receives momentary consideration. The conditions that render it inexpedient for a mother to suckle her infant should be left for the medical attendant to determine. The sacredness of life should over-rule all social claims. Where the position of the mother is such that she cannot, from her vocation in life, suckle during the day, she ought to reserve the milk for the night. It is better to suckle the child at night than not to suckle it at all. The absurd notion that breast-nursing and bottle-feeding are injurious, and that evil consequences arise from the mixing of the two milks is not founded on fact. It is one of those errors that propagate the greater error of inducing the mother to relinquish suckling altogether. It being determined that the mother shall suckle the child, it should be applied to the breast on the mother awakening from her first sleep after confinement. The infant has to be taught to suck, and it should be taught this lesson immediately after birth. The method in which this is carried out varies with the nurse;

each pretending to have some special device to make the child take to the breast, and any other suggestion is usually met with looks of unuttered contempt; the old-fashioned custom of waiting three or four days before attempting to teach the child to suck is altogether wrong. The first milk is of importance to the child; it contains *biestings* (colostrum), which has a purgative effect on the bowels. In the intestines of newly-born infants there is a certain amount of dark green faecal matter (meconium), which ought to be removed. Nature has provided the necessary purgative in the first milk secreted. Not to allow the child this is both wasteful and injurious, and further necessitates the administration of castor oil, or some other more hurtful drug. During the first twenty-four hours of infant life a very small quantity of milk is required, and in those cases where there is not any secreted in the breast, a little tepid water, or very weak milk-and-water, will satisfy and quiet the child, if it be restless. On the second day, about half-a-pint of milk is necessary; and on the third day, the quantity may be increased up to two-thirds of a pint; and for the remainder of the week a pint or more may be required. As the child grows, the consumption of larger quantities becomes necessary, so that three or more pints a day are required. These quantities are usually secreted by the breasts in a healthy condition of the system. The child should not be continually at the breast. Regular times for suckling are an advantage to both mother and child. The former is thus enabled to secrete milk, and the latter is afforded time for digestion. When the child is always at the breast, the milk has not time to be matured. The excess of water secreted in the milk is not absorbed, and a very imperfect milk is drawn off before it is fit for the child, the appetite is not appeased, and there is often diarrhoea and great fretfulness. In order to quiet the child, it is kept continuously at the breast, and thus fuel is added to the fire. It must be borne in mind that milk does not come into the breast as milk. The breasts are glands* or spongy-like structures, that take up the constituents of milk from the blood, and out of them elaborate milk. This takes time, and if the secreted fluid be drawn off too early, it must of necessity be imperfectly made, and will disagree with the child. The obvious cure for this condition of things is to allow longer intervals between suckling. This may require some little firmness on the part of the mother, but is to be accomplished when she believes that it is for the good of her child. A newly-born infant should sleep sixteen hours out of the twenty-four, and during the first eight or ten weeks should have the breast eight or ten times daily, according to the amount of milk supplied by the mother and consumed by the child. If the milk be abundant, fewer times

* The structure of the breast is such as to allow the milk to form in the minute tubes in the gland structure, and pour their contents into small reservoirs. The milk is thence conducted by ducts to the nipples. These ducts, twelve in number, open on the nipple. They do not unite, so that if one lobe of the breast become inflamed and form matter, the other portions go on secreting healthy milk. Hence, a child can relieve a 'gathered breast' of the milk without injury. A retracted condition of the nipple is of serious consequence, as it frequently prevents a mother from suckling, and also is the cause of sore or cracked nipples, inflammation, and abscesses. The great cause of this mischief is the fashion of wearing such corsets as press unduly on the nipples and breasts, producing a flattening deformity quite as absurd as that in Chinese ladies by tight bandaging of the feet in infancy. We are ready to ridicule the 'Heathen Chinee,' but their fashion is fraught with less injury than our own.

will suffice. If the supply be good, and the intervals of suckling unduly prolonged, the breasts become painful, and the child sucks so vigorously that the stomach becomes distended, which is easily relieved without any straining, by the simple process of puking.

(Commenced in No. 33.—To be continued.)

SUBSTITUTES FOR POTATOES.

WE are threatened with something like a potatoe famine, and those who remember the similar disaster in 1846 do not need to be told how grave is now the prospect, with a vastly increased population, and a state of depression in trade which signifies on the part of the masses a great difficulty in providing even the commonest and cheapest necessities of life. Many and well-intentioned are the suggestions which are being made with the view of providing substitutes for the potato. The French *haricots blancs* or *flageolets*, lentils, rice, maize, and oatmeal, are the substances which are brought most prominently forward as being fit to replace the favourite tuber. In one respect—the quantity of nitrogen which they contain—they all, but especially the leguminous examples, greatly surpass the potato as an economical nutriment. But, unfortunately, they are all deficient in antiscorbutic elements. Under a diet of these substances, either alone or with the trifling amount of fresh animal food which is all that tens of thousands of persons can obtain, scurvy would be as rife as it was in Ireland and North Britain in 1846-47. Nevertheless, all these foods are very valuable, and it only needs that the particular point in which they fail should be recognised and supplemented. If this be not done disease must ensue, and the nutriment fall into disfavour. Any of these substances may be used with advantage where either an abundance of milk forms part of the dietary, or the antiscorbutic element can be furnished by fresh green vegetables, onions, or the juice of oranges or lemons.—*The Lancet*.

HERRING HEADS.

IT has often struck me, on getting a herring served up to breakfast, that the head was superfluous. It encumbered the small breakfast plate, along with the milt (or roe), and bones, tail, etc., so that when you finish a breakfast you appear to have more bulk on the plate than when you commenced. Some years since I found I could purchase headless herrings at about half the price of those with heads on, and I found them much superior. A few herrings in a drift of nets, get so fixed in the meshes by the head, that in shaking them out they are decapitated. These are cured by themselves, and have no brand to distinguish them, and are sold cheap; but are really superior to those with the heads on. This arises from the vertebræ at the neck being broken with the jerk in getting them out of the nets, when the fish bleeds freely, and the flesh, when cured, and afterwards cooked, becomes quite white, and much more agreeable to eat. Having found this out, I this season purchased a small lot of very fresh herrings, and not only cut off their heads, but their tails also. Thus the fish were freely bled at both ends, and I have never seen herrings so white in the flesh and fine to eat as these. Should any one try this plan of mine, they will find a herring cured in this way as superior as a crimped cod is to a cod not crimped. If we could educate our German customers, and all other consumers of herrings, to have nothing but headless herrings sent them, they would find the benefit of it in more ways than one; but especially in the superior article they would have for their money. I have made a calculation of what consumers pay for herring heads, which are of no use. Say that our total catch of herrings in Scotland is yearly 800,000 barrels. A herring head is about the eighth of the whole fish, so that 100,000 barrels of herring heads are sent into the market. This, at the present price of £2 per barrel, is £200,000. To con-

tain these 100,000 barrels of heads, the cost of barrels, at 3s. 6d. each, is £17,500. To cure these—salt, coopering, gutting, etc. at 3s. 6d., £17,500. Freight of ditto to markets, at 2s. per barrel, £10,000. Branding 75,000 barrels of the above, at 4d. per barrel, £1,250. Total, £46,250. This large sum could be saved by decapitating all our herrings, which could readily be done by the gutter-women when they were at work gutting, etc.; and the heads sold for manure would more than pay for the extra trouble, and the fish would be much improved; and instead of selling at a reduced price as now, should fetch considerably more per barrel.—*Land and Water.*

TASTE NOT THE CUP.

BY MRS. J. M. O'CALLAGHAN.

Taste not the cup, for thy weak brother's sake ;

Touch not the brim with thy moderate lips ;

Handle no longer the goblet where sin,

Mimicking innocence, *daintily sips.*

Thou *may'st* be proof 'gainst the wiles of excess,

Strong in thy tower of 'temperate use ;'

He, with example so fair as thyself,

May plunge, at thy feet, in the gulf of abuse.

Touch not the cup, though it sparkles within,

Bright as with splendour of liquefied gems ;

Source of the tears which gleam in the eyes

Of frail human flowers that shake on their stems.

Children of dissolute slaves of the bowl,

Languid, your help they imploringly crave ;

Give your right hand of example to aid :

Water from death-drought the flow'rets will save.

Hold to your lips the real 'WATER OF LIFE,'

Sparkling and clear as immutable truth ;

May your example of abstinence be

Bless'd by the aged, and followed by youth !

Vain are the maxims of Wisdom herself,

Futile to save from the dangerous brink

If the same lips which their utterance gives,

Close on the treacherous ruinous brink !

Not for thyself, then—thou may'st be strong ;

Not for thy health, nor thy mind, nor thy purse ;

But for humanity, fallen and weak,

Save them, unselfishly, thou, from their curse !



CURRENT OPINIONS AND EVENTS.

THE Press has been prolific of literature of a pernicious kind, and its liberty has been outraged by the circulation of a class of papers notorious alike for their filth and imbecility. But while the Press is prostituted in this way on the one hand, on the other it is flooding the country with instruction and information of the most valuable kind. An example of the marvellous amount of information obtainable for a penny is presented by the *Daily Chronicle*.

The readers of that rapidly rising newspaper were on the 2nd inst. favoured with the following information for one penny : Reviews of the leading Magazines ; Shipping, Law and Police Intelligence ; Addresses delivered at opening of the Winter Session of the London Medical Schools (occupying about four and a half columns) ; Mr. Spurgeon on Orphanages ; Sir Charles Reed's Annual Address on the work of the London School Board ; The Metropolitan and Provincial Registration Courts ; Summary of News ; Articles on London School Board, Medical

Schools, Glasgow Bank Directors, Mr. Gladstone at Venice, Spurgeon's Orphanages, Social Science Congress, and the Turco-Hellenic Commission ; Foreign News ; The Bishop of Manchester's Presidential Address on Social Science ; Lord Walsingham on Public Affairs ; Telegraphic Home News ; Cannon Farrar on Literary Education ; The Weather ; and nearly one hundred paragraphs of general interest. For quality, quantity, and variety, we venture to assert that the *Daily Chronicle* for October 2nd, 1879, would bear favourable comparison with any pennyworth produced since the institution of printing. We do not wish to unduly commend our contemporary ; but its existence is a matter of encouragement and hope, when so much rubbish is being circulated broadcast.

Sir Charles Reed's address was an able defence of the policy of the London School Board. In concluding it, he referred to the approaching elections as follows :

'For the third time we are about to return our trust into the hands of our constituents. We have had to lead the way in a revolution of the educational policy of the nation, and to work out a great and complex problem ; with what sincerity and success it will be for our fellow-citizens to determine. We are elected by the freest possible suffrage of the whole constituency, and an opportunity will be given it in the course of a few weeks of checking us in our work, or of expressing general approval of the effort we have made, faithfully and fearlessly to discharge our duty towards the young of this great city.'

Mr. Blackley followed up his sermon preached in Westminster Abbey, and reported by us last week, by a paper read at the Social Science Congress on 'National Assurance.' Adverse criticisms of his scheme were dealt with, and his proposals enforced with great tact and judgment.

The mortality from intemperance is a question which has occupied the attention of observers and investigators for many years past, and the number of deaths attributable to this cause has been variously estimated. Dr. Norman Kerr, in his paper read at the congress, expressed the opinion that 120,000 deaths from alcohol drinking was below the mark.

Dr. Hardwicke, the coroner for Middlesex, who has had great opportunities for observation, said that

'This subject was of paramount importance, seeing that the last estimate of the mortality from this cause was put down at from 50,000 to 60,000 per annum. From his own observation he believed it ranged at 100,000 at least. He thought that perhaps no one living had seen so much of it as he had. He noticed that this question had been systematically ignored as a cause of the high rate of mortality by medical officers of health and medical gentlemen throughout the country. His firm belief was that nearly 100,000 lives were destroyed by alcoholic excesses in this country annually.'

The discussion of the subject led to a practical result, for Dr. Hardwicke moved :

'That this Health Section recommends the general council to memorialise the Government to take steps to secure in the registration of deaths a greater amount of accuracy as to the real and approximate cause of death, especially as far as the consumption of alcohol is a factor in the mortality of the country.'

Mr. E. Pearson (Manchester) seconded the motion, which was supported by Mr. Machin, and carried.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

THE SCHOOL OF WOOD-CARVING.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Of all the jejune schemes put forward in the semblance of reforms, the School of Wood-Carving is the poorest. Till about the beginning of this century, wood-carving was a very common occupation, so common, indeed, that the occupations of 'carver and gilder' were always associated. And why was this? Because, till composition was introduced, the ornaments of picture and glass frames were carved. In fact, till this occurred, all decorative ornaments in relief, or at least the greater portion, were carved in wood. With the introduction of 'composition' the wood-carver's occupation was gone, and this decline of wood-carving may have had something to do with Chantrey becoming a sculptor, for wood-carving was his early occupation. In Gibbon's time the wood-carver was in great demand, and we had wood-carvers. Now, there is so little demand for them, it is of no use making them. There are already enough for what is required. If there were any great demand even for art wood-carvers, it would easily be supplied. The difficulty of turning art into wood is very slight; some artists do this without being aware of it. The carving of wood is much easier than that of marble. Young sculptors could easily make themselves wood-carvers if it were worth their while; but art carving of the higher order is not in the slightest request. Does the School of Wood-Carving propose to make wood-carvers and send them to Paul's Cross to be hired? If it does, I fear its scholars will have to offer themselves in vain. What is the use of technical education, if men, in the very face of its teaching, act as if a science of political economy had never been attempted? And what do the wood-carvers themselves say, we wonder, to the unconstitutional proceedings and interference with private enterprise? Not much, because they know it can be of little, if any, avail.

METER.

ONE MEAL A DAY.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

Mr. Chas. H. Landon, in an article headed 'Dogma in Food,' in *Modern Thought* (a publication now deceased),* speaks of numbers of vegetarians who take but one meal per day. I cannot come across anyone who does so. Can you help me to gain their experience?

Yours, etc.,

ANDERSTON.

ENGLISH SPORT AND WANTON CRUELTY.

TO THE EDITOR OF 'HOUSE AND HOME.'

SIR,—

There are certain questions of the day upon which persons may express an opinion with the full assurance of being favoured by public support and sympathy, or, at any rate, with little fear of rebuke. But this very element of safety has within it sources of danger. One's own private opinion, misconception of facts, personal bias, or ignorance, may prove one of those sunken rocks ahead so full of danger to the unwary. One of these subjects is the very laudable, and doubtless equally safe one of the advocacy of the claims of animals to the sympathy of mankind, and while it is treated with fairness and discretion, the writer may fear no dissident. But in a recent issue of *House and Home*, a correspondent, in an intense desire to further the good cause, allows himself to fall into errors which, but for the seriousness of the subject, might almost provoke a smile. In his ardour, he makes four distinct allegations, viz.:

1. That in England it is the fashion to see with pleasure helpless and defenceless animals barbarously tortured and killed, and this was particularly the delight of the nobility of this country.
2. That a so-called Christian nation delights in seeing poor stags rended in pieces by hounds, and harmless and defenceless game, etc., mercilessly shot or otherwise killed.
3. That sport is nothing better than a source of amusement for idle persons.

* Our correspondent is in error here, *Modern Thought* is still published.

4. That those who indulge in such sports may be reckoned as cowards, or, at any rate, as persons generally lacking courage.

As far as stag-hunting is concerned, I will be reticent; but that members of the English nobility are monsters of cruelty is an assertion which must not be allowed to pass without a challenge. Reading the sentence apart from the rest of his letter, one must think that the writer of such nonsense is more entitled to our pity than our blame. I read and re-read the lines, to see if I could charitably construe them into some other meaning, or to see if he really did intend his sarcasm to fall upon the nobility of the England of the present day. Undoubtedly he does; but assuredly he has missed his mark in reproaching the true sportsman with intentional cruelty. The writer is unable, in his own mind, to disconnect the two very distinct ideas of cruelty and sport, and would persuade us to the same opinion by hiding his supposititious association under a very general *et cetera*, which, in this instance, I can only compare to one of those very pretty designs expressly placed over the joints or centre of some artistic work to overlap a flaw or other deformity.

We must accept the general principle that the fowls of the air, and every living thing, equally with the plants and trees, were placed under the dominion of man at the Creation—*i.e.*, for his use. Then, what more merciful means of slaughter would he recommend than the gun? Surely no method is more certain in effecting a speedy death. Perhaps he would suggest poisoning; but this would neither benefit the creature nor its consumer, and, in point of fact, would be a most unpardonable waste of one class of God's good gifts to man. Maybe his opinion is that game should be allowed to live and to multiply. Well and good in the uninhabited wilderness; but surely no writer with any knowledge of the subject, or any fellow-feeling for the farmer or occupier of lands, would allow a sentimental sympathy for the fowls of the air to place him in such an adverse position towards his own kind. This would, indeed, be betaking himself to green pastures, and there disown his relationship with man.

With regard to the so-called sport being nothing better than a source of amusement for idle persons, so is reading, walking, rowing, ballooning, experimenting, listening to lectures, and so forth, if one only tries to believe it. I very much doubt if the writer has ever shouldered a gun in his life. Certainly no sportsman ever gave him his opinion. Game must be destroyed; then who should do it but those who have time, opportunity, and money? No really 'idle' person would ever undertake a second day's shooting expedition, and following the hounds would be altogether out of the question. The correspondent is something like that prisoner who condemns liberty and all its blessings because he himself is in chains.

But the last charge is evidently the result of a delusion. After grouping his arguments in a most discursive form, resting his pen on no particular idea, and having succeeded, as he thinks, in moulding our thoughts to his own by some miracle of intuition, he would astonish us by showing that those who indulge in such cruelties as the English sports he has been condemning can scarcely be brave or courageous, excepting under some sudden impulse. I have as much repugnance towards a cruel man as any professed advocate of humanity; but surely he has no evidence to support his conclusion. What is the opinion of the writer upon the braves of to-day—the heroes of Afghanistan or of Zululand? Is he prepared to show that these men are, or ever have been, opposed to English sport—anti-sportsmen, if I may use the term? I think he cannot. By far the majority of them are lovers of true sport—not of cruelty—and would he, then, stigmatise them with cowardice?

What has he to say of the professed hunters and trappers of other countries and continents? Has he never read the thousand and one stirring accounts of adventures with the North American Indians in their hunting expeditions? Would he libel them as lacking of courage? Surely not.

But it would be folly in me to pursue this subject in search of further evidence, when we have it on our right hand and on our left ready for the getting; and I therefore prefer facts and common-sense to speak for themselves.

J. C. F. BULOW.

2, Rozel Road, Clapham, S.W.

SUCCESSFUL JOURNALISM.

The Bazaar, Exchange and Mart, and originator of a vast system of bartering amongst private persons, is about to be issued three times a week. The history of this journal presents another example of a remarkable success following on an original idea, which was useful in its aims and simple in its operations. Started in 1868 with four pages only, it rapidly grew, until in 1874 there were sometimes as many as fifty-six pages in a single issue. Five years ago the journal was first published twice a week, and the success of the two issues has been complete, as frequently a single week's papers have numbered between them 120 pages. The large majority of these pages were occupied by advertisements, and as many as 5000 announcements have been inserted in one issue. The proprietors now say that, even with the gigantic papers they have given, they are unable to meet the calls upon them, and that they are compelled to make a third issue to satisfy the demand. Such a conspicuous success as *The Bazaar*, of course, produced an unusually fine crop of copyists, but only two or three are now in existence, nearly forty having died.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

A delicate child, pale and prematurely wise, was complaining, on a hot morning, that the poor dew-drops had been hastily snatched away, and not allowed to glitter on the flowers like other happier dew-drops, that live the whole night through, and sparkle in the moonlight, and through the morning onwards to noonday. 'The sun,' said the child, 'has chased them away with his heat, or swallowed them up in his wrath.' Soon after came rain and a rainbow; whereupon his father pointed upwards. 'See,' said he, 'there stand the dew-drops, gloriously reset—a glittering jewellery—in the heavens; and the clownish foot tramples on them no more. By this, my child, thou art taught that what withers upon earth blooms again in heaven.' Thus the father spoke, and knew not that he spoke prefiguring words; for, soon after, the delicate child, with the morning brightness of his early wisdom, was exhaled, like a dew-drop, into heaven.—*Richter.*

The eyes of other people are the eyes that ruin us. If all but myself were blind, I should want neither fine clothes, fine houses, nor fine furniture.—*Dr. Franklin.*

Experience is by industry achieved
And perfected by the swift course of time.

Shakespeare.

When you have pared away all the vanity, what solid and natural contentment does there remain, which may not be had with five hundred pounds a year!—*Cowley.*

Smooth runs the water where the brook is deep.—*Shakespeare.*

To what excesses do men rush for the sake of religion, of whose truth they are so little persuaded, and to whose precepts they pay so little regard.—*Bruyère.*

He that is thy friend indeed,
He will help thee at thy need.

Shakespeare.

It is the duty of a great mind to despise injuries.—*Seneca.*

How many people are busy in this world gathering together a handful of thorns to sit upon!—*Jeremy Taylor.*

He who tells a lie is not sensible how great a task he undertakes; for he must be forced to invent twenty more to maintain that one.—*Pope.*

If to do were as easy as to say what were good to do, chapels had been churches, and poor men's cottages princes' palaces.—*Shakespeare.*

Trust him with little who, without proofs, trusts you with everything; or, when he has proved you, with nothing.—*Lavater.*

We cannot be just if we are not kind-hearted.—*Vauvenargues.*

He is happy whose circumstances suit his temper; but he is better off who can suit his temper to his circumstances.—*Hume.*

A good heart is the sun and moon; or rather the sun; for it shines bright and never changes.—*Shakespeare.*

Our greatest glory is not in never falling, but in rising every time we fall.—*Confucius.*

The surest mode of being deceived is to believe ourselves more cunning than the rest of the world.—*Rochevoucauld.*

If we did not take great pains, and were not at great expense to corrupt our nature, our nature would never corrupt us.—*Clarendon.*

That friendship's raised on sand,
Which every sudden gust of discontent,
Or flowing of our passions, can change
As if it ne'er had been.—*Massinger.*

Aversion from reproof is not wise. It is a mark of a little mind. A great man can afford to lose; a little insignificant fellow is afraid of being snuffed out.—*Cecil.*

THE HOUSEWIFE'S CORNER.

VEAL AND HAM PIE.

Take the meat off an undressed breast of veal, by cutting it in pieces about an inch and a half long, and an inch broad. Put the bones into a saucepan, with plenty of water, and a bundle of sweet herbs; extract about half a pint of strong gravy, strain this through a sieve. Line a pie dish with thin paste, envelope every piece of veal in a thin slice of dressed ham, not too fat, have ready half a dozen hard boiled eggs, distributing the yolks of these amongst your meat. Season the gravy extracted from the bones with pepper and salt, and pour it over the meat till the dish be completely filled, then cover it with top crust. This pie will require more time in baking than those of beef-steak, mutton, or fruit.

HOT LOBSTER.

This especial delicacy should be prepared after the following manner:—Separate the tail of the fish from the body, tear away the shell to which the lower claws are attached, abstract the interior, taking great care not to disturb the stomach, politely denominated 'the lady'; split the tail in half, and remove the intestinal canal, a dark purple cord-like object, found in the centre of the flesh; shred up the meat of the tail and claws; mix all well together, squeeze the juice of two lemons over it, half a teaspoonful of soluble cayenne, a teaspoonful of salt, and three ounces of fresh butter. Put these into a saucepan; let it be well stirred for a quarter of an hour, and serve it in a deep dish. A good-sized lobster thus cooked is enough for four persons at supper.

CHEESE SANDWICH.

Take two-thirds of grated Cheshire cheese and one of butter, a little cream, and a small proportion of made mustard; pound them in a mortar; cover small slices of bread with this, then lay a slice of bread over each, press them gently together, and cut them in small pieces. A little cayenne pepper may be added.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

	£	s.	d.
Back page	5	0	0
do. do., per column	2	0	0
Inside pages	4	0	0
do. do., per column	1	2	6

Smaller advertisements, 3s. per inch, single column; 7s. double column.

Ten per cent. reduction on six insertions, and twenty per cent. on thirteen, prepaid.

Special arrangements made for longer terms, and for illustrated advertisements.

Special rates to Public Companies.

Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 39, Vol. II.]

SATURDAY, OCTOBER 18TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE LATE REV. JABEZ BURNS, D.D.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: OCTOBER 18th, 1879.

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THE LATE REV. JABEZ BURNS, D.D.

[We take the following biographical sketch of Dr. Burns from Mr. Inwards' 'Memorials of Temperance Workers,' noticed in another column.* Dr. Burns had a popularity which extended far beyond his own denomination. His was an exceedingly useful life; and he still lives in the memories of large numbers who were benefited by his teaching. Lord Beaconsfield said of Mr. Cobden, that, although dead, he was one of those who ever remain members of the House of Commons, 'independent of the caprices of constituencies, and even the course of time.' While we do not claim such immortality for Jabez Burns, it is singular that, by an oversight, he occupies fully a page in the recently-issued edition of 'Men of the Time,' although he had been dead three years when that book was published. We have only to add to Mr. Inwards' interesting sketch, that a marble bust, by Belt, has been placed over the grave at Willesden Cemetery, and in it a faithful likeness of Dr. Burns is preserved.]

DR. JABEZ BURNS was born in the town of Oldham, in Lancashire, in the early part of the present century. The father was a local preacher of considerable acceptance among the Wesleyans. The mother was one of those Christian women whose character gives dignity to the humblest dwelling. In mind, intellect, and person, she was recognised as superior, and much esteemed in the society to which she belonged. One of her favourite preachers was the Rev. Jabez Bunting, and in accordance with her wish, her fourth surviving child, born December 18, 1805, was called Jabez.

He resembled his mother in countenance, and to be like her in character was the ambition of his childhood, so that with all his vast fund of animal spirits, he was always obedient and loving to his parents, and long before his actual conversion, was attentive to religious duties. He loved the house of God, was a famous singer of hymns, and indeed, extemporiser of sermons in his childhood, and God filled the hearts of friends and neighbours with great admiration for, and kindness to, the little clever motherless boy.

From the age of fifteen he dated his conversion, and the fire of zeal burned so keenly that he was constrained to be a preacher of the truth that had made him free. The boy preacher never wanted an audience. Out in the fields, among young companions in the schoolroom, and soon—too soon, in after life he said—in the pulpit he was seeking to win souls; and at a very early age he became an itinerant preacher among the New Connection Methodists. Leaving York, he was some time in Bradford, and then went to a bookseller's at Keighley.

He looked much older at that time than he really was. His reading, his manners, and his office as a preacher, all tended to give him an early maturity, which perhaps accounted for his marriage in his nineteenth year—July, 1824—with Miss Jane Dawson, the daughter of Mr. George Dawson, residing at Keighley, and herself a young and faithful follower of the truth as it is in Jesus.

In the early part of the year 1837 he fully recognised the value of the temperance pledge. As soon as this conviction struck his mind, with characteristic determination he acted upon and advocated the cause. Brother ministers looked stern, and friends grew cold, but that mattered little to one whose first question ever was, Is it right? Will it do good? Can I ask God's blessing on it? If in the depth of his soul he had a clear answer to those questions, his course was plain, whether praise or blame, loss or gain, were before him.

I remember hearing Jabez Burns speak at a Temperance meeting in Pimlico early in the year 1838. His style then was very startling, from the enthusiasm which beamed in his eye and quivered on his lips. If he was opposed, so much the better; sparks of truth flashed forth in the concussion of opinion, and a wonderful readiness of reply, a flashing play of wit—none the less wit because it was often deep wisdom—would delight and instruct his hearers.

I was present at the first Temperance sermon preached in Church Street Chapel. Then, this was a great novelty, and gave offence to many. Now, Westminster Abbey and St. Paul's have heard Temperance advocated as an auxiliary—a most powerful auxiliary to the Gospel. The pupils of the Metropolitan Tabernacle and Surrey Chapel, and other well-known centres of devotional influence, have not merely permitted, but promoted the teaching of Temperance truth as an important part of true Christian ethics; but then in 1839 it was in the pulpit of the Baptist chapel in Church Street that the keynote was bravely struck. Every year since, until the autumn before his lamented death, he kept up the custom of denouncing the sin of intemperance, and holding out the helping hand of total abstinence to the falling or the fallen.

In the early part of 1875 Mr. Burns was not well. But neither he nor his friends felt alarmed. He retained a wonderful amount of vigour and cheerfulness—indeed, though he lived to complete the threescore and ten years the Psalmist assigns as the usual limit of man's life, he really never grew old. His healthy complexion, firm step, and vivacious manner, seemed to promise a long continuance of life. The first intimation of

* Notices of New Books and Publications are unavoidably held over this week.

serious mischief was a fainting fit, November, 1874, when giving a Temperance lecture at his chapel. From that time weakness of the heart was feared. In the summer of 1875 he felt himself so well, that he was unwilling to take the rest he needed. It was reluctantly that he yielded to the wishes of his family, and did not take one of his distant journeys. He evidently had no fears as to his health, and he never preached or lectured with more fervour or acceptance. Had he heard the footsteps of the angel of death behind him, he could not have been more earnest; and some have since remarked that there was a greater gentleness of manner than was common to him. For while great zeal, tenderness, and generosity were his characteristics, patience and gentleness were not his chief excellences. He was too earnest and zealous to be very calm; yet if he ever gave offence, no man more frankly and readily atoned for it, and in the many instances in which he was maligned, and even injured, none more fully and freely forgave.

During the autumn it was apparent that his strength was giving way. Still he worked on, few of the outer circle of his hearers noting any failure. His last pulpit exercise was a funeral sermon on the Rev. W. Brock, D.D., Nov. 21, and the last words he ever uttered in the pulpit he had so long and faithfully filled, were: 'Let me die the death of the righteous, and let my last end be like His.'

In the week following, while on his way to a great Alliance meeting at Southampton, he was taken ill in the train, and, getting out at Farnham, fell insensible on the platform, and was carried to the hotel, Mrs. Burns being summoned to him by telegraph. He rallied next day, and though suffering much, was able to be brought home. From that attack he never recovered. Faint gleams of hope appeared, his constitution being so fine; but the citadel of life, the heart, was invaded, and nothing could be done. With wonderful patience, never complaining, he bore his sufferings. Always thinking of his people, he wrote them, or dictated for them, a weekly letter, to be read from the pulpit, full of affectionate spiritual counsels; and thus leaning on the bosom of his Saviour, and praying for the dear ones of his charge, and the progress of the truths he had devoted himself to, he calmly passed away on the evening of January 31st, 1876.

THE NATIONAL THRIFT SOCIETY.

At a meeting of the National Thrift Society, held at the London offices on Saturday last, the following resolutions were passed:

(1.) That the coffee-palaces, cocoa-houses, etc., established in London, and in various parts of the kingdom, be communicated with, for the purpose of establishing penny savings banks in connection therewith.

(2.) That a series of cheques of the value of 1d., 2d., 3d., 4d., 6d., and 1s., be prepared to be given instead of 'beer-money,' etc., by those willing to adopt the system; the cheques to be exchanged at the society's penny banks (and elsewhere, according to arrangement), for deposit books, in which the amount of the cheque shall be duly entered. Accounts can thus be opened and maintained, which it is believed will be productive of much good in the formation of thrifty habits, besides being greatly conducive to temperance and self-respect.

(3.) That as requests for the society's work are coming in from all parts of the kingdom, and that as the whole of the funds of the penny banks established by the society go direct into the Government Post Office—or trustee—Savings Banks, the public be

earnestly requested to support the work of the society as set forth in its prospectus, to be obtained at the various branch offices, or from the head office at Oxford.

(4.) That further centres of the society's work be established at Birmingham, Chester, Durham, Gloucester, Liverpool, Manchester, Northampton, Southampton, Glasgow, Inverness, Dublin, and Carnarvon, and that branches be established at other towns, not yet represented, as applications are received, and funds become available for the purpose.

(5.) That the Earl of Derby, who recently forwarded a donation to the funds of the society, and expressed an interest in its work, be requested to become a vice-president of the society for the year ensuing.

(6.) That other of the city companies be requested to follow the example of the Ironmonger's Company, in voting a donation to the funds of the society.

(7.) That the first annual meeting of the society be held in London during the month of December, due notice of the same having previously been made public.

IMPORTANT PAPERS ON THRIFT.

WE have pleasure in announcing that a series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, ESQ., F.R.S.L., Secretary of the National Thrift Society, will be commenced in our issue for Saturday, November 1st. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

THE BISHOP OF MANCHESTER AND HIS MOTHER.

THE greatest of the world's benefactors owe their distinction, as a rule, to the influence and teaching of their mothers. The Bishop of Manchester, whose portrait we gave last week, remarked, when distributing the prizes at the Keighley School of Art on the 8th inst.:

'That parents should not send their children out into the world too soon. His father, who had a very active mind, invested his means in the ironstone mines in the Forest of Dean. That investment turned out unfortunate, and his father died, he feared, a broken-hearted man. They were a family of seven, and he (the bishop) was then fourteen years of age. His mother was not clever, but she would have done anything she could for her children. She said: "I cannot give these lads large fortunes, but by denying myself, and living quietly, I can give them a good education." Three of his brothers went out to India—one fell in the Mutiny, and another was now at the head of a department of public works in India, where he had a good situation, and was doing a good work. They knew what he (the bishop) was. He ventured to say that, if all his brothers and sisters were alive, they would rise up and call their dear mother blessed for the sacrifices she made that they might have careers. By God's providence he had that mother still spared to him. She was now paralysed, speechless, and helpless, but every day when he went into her bedroom and looked on her sweet face, he thought gratefully of all he owed her, of what he was, and what he had been enabled to do.'

HYGIENE.

DOMESTIC HYDROPATHY, BATHING, &c.

By C. DELOLME.

No. I.

THE possession of a portable hot-air or vapour bath, as described in a previous number, is within the reach of most of us, and is doubtless not only of use in colds and influenza—to which all are liable—but may be taken occasionally with advantage to cleanse the inner skin, and to promote perspiration in chilly weather. There are other applications of the hydropathic or water-cure system which it is well to know off-hand, although there are good works on the subject which may now be easily obtained by those who wish to be well up in the whole system of packs, bandages, baths, etc.

In hydropathy the one great and safe rule to be observed is as our scientists proclaim, namely, that reaction or warmth should always follow the cold application. To apply a wet bandage for a cold, for instance, and neglect reaction, or to apply so much cold material as is unsuited to the reactive power of the patient, is to court failure and to do in serious cases infinite harm; and this rule holds good with all bathing.

Many are afraid of hydropathy because of its fancied severity. Perhaps it is allopathy which is often severe. Thousands are ordered sea-bathing, for whom it is utterly unfit; or if not ordered, many are taught to believe bathing to be the *summum bonum*; hence the blue lips and numbed hands. Many whose false fears prevent them from ever entering a Turkish bath, plunge into the water with oppressed heads and congested livers. A fit or a cramp is the result, and then it is said such a person was drowned, while, in truth, the misfortune occurred not from ignorance of swimming, but from a disordered state of the body and a bath erroneously prescribed. Sea-bathing, and all bathing, is an excellent tonic for those who react well after immersion, and do not stop in too long. Occasionally we get some good advice from the doctors; here is a bit from the *Lancet* on cold water in cold weather: 'It should not be forgotten that the sole use of cold water in cold weather is to stimulate the organism to increased activity. A great mistake is made when any part of the body is immersed in cold water, and left to part with its heat without any guarantee that the energy of heat-production, so severely taxed, can respond to the requirement. It may easily happen that the internal calorific force—if we are at liberty to use that expression—will be exhausted; and if that occurs, harm has been done. . . . The exhibition of the cold douche, the shower-bath and other popular appliances in all or any of their forms, ought to be restricted to a few seconds of time, and unless the evidences of stimulation—redness and steaming of the surface—are rapidly produced, the effusion should be laid aside. The use of cold water bathing in cold weather is a practice which must be governed by rules special to each individual case.' Need we add that the brisk application of a rough towel—Turkish or crass—and the use of the flesh-brush, is a means of restoring warmth and glow?

The *daily bath*, whether used in summer only or all the year round, is within the reach of every one—a pint of water and

a couple of towels being anyhow sufficient for the purpose. It might be appropriately termed the towel-bath—the wetted towel folded being well adapted for thoroughly getting at the back. Wash well from head to foot, and rub briskly all over with one or more dry towels, the rougher the better.

The *wet sheet pack* is an invaluable remedy, not only in acute diseases, in fevers, and inflammations of all kinds, but also in chronic disorders, and may be used safely by all, and often with benefit by those in health who are out of the reach of any description of Turkish or sweating bath. Dr. Wilson says: 'It is as a means of subduing fever in its hot stage and active inflammations that it stands unrivalled, being *unequalled in its simplicity, safety, and efficacy*.'

Spread upon a mattress two or three blankets; wring a sheet out of cold water so as to leave it wet, but not dripping. Let the patient lie on his back upon the centre of the sheet, and quickly wrap it about him from his neck to his feet; quickly and closely wrap in the same way each blanket in succession, first one side and then the other, until the whole body is wrapped up like a mummy; over all place a cotton or down quilt—blankets are too porous. The Germans use their light feather beds. The head should rest on a pillow. If the reactive power is low, a half pack may be given with a large towel only from the armpits to the thighs. After the first chill, there is a reaction, increasing in most cases to a profuse perspiration in an hour or more. In case of feverishness, excitement of the brain, etc., half an hour is enough, and the patient should be lightly covered in proportion. When fever is high, a patient is often put direct from one pack into another—a fresh sheet being ready at hand.

The sheet, full of diseasing matter, must be well washed, and the blankets aired after each operation. The wet sheet pack may be given to the youngest babe, sheets and blankets being in proper proportion. Dr. Nichols says: 'It will carry them safely through teething, measles, scarlet fever, whooping cough; indeed, we do not know of any curable disease that it will not cure.' Of course, a pure and spare farinaceous and fruity diet should accompany all such treatment. We were rather astonished and amused once to see a man suffering from sciatica sit down after a Turkish bath, with only a sheet round him, to a supper of beef-steaks and nourishing stout *ad libitum*, and which, with a cigar to follow, must have about clogged his system with more poisonous, useless matter than had been disengaged by the sweating process. After any sweating pack or bath, the body should naturally be well washed down with tepid or cold water, followed by a good rubbing with dry towels.

The *blanket pack* is the same as above, without the wet sheet. Have blankets enough, and tuck up well, including feet, of course. This pack, though not so useful as the quicker operation of the hot-air bath, is well adapted to persons of weak reactive power in colds, influenzas, etc.

(To be continued.)

THE SUPPLY OF DRINKING WATER.

By EDWIN CHADWICK, ESQ., C.B.

[From the Presidential Address delivered to the members of the Congrès de l'Eau Potable, which met last month at Amsterdam.]

(Continued from page 175.)

ONE evident evil of the common methods of supply by companies, for a trading profit, is that they usually have no effectual control or interest in exercising any supervision over the distributory apparatus, or the care of the closets, or the prevention of waste. The con-

sequence is that the waste is immense. In London it amounts to three-fifths of the water distributed. In London the quantity distributed on the intermittent system of supply is thirty-two gallons per head of the population. At Amsterdam the supply is only ten gallons per head, large public consumers included. It is true only a small part of the city is water-closeted, but if all the houses were so treated it should only add one gallon per head to the existing consumption. There is this result from the waste of water in London, that the surplus fouled water permeates through bad house-drains and permeable sewers, and super-saturates the subsoils and creates marshy sites. In instances where the supplies have been placed with the whole of the distributory apparatus on a public footing, and the waste effectually reduced, there has been attendant upon the reduction of the damp in houses, as at Liverpool, a marked reduction of the sickness and death rates. It has been stated to me that in one town on the continent, the wells having become excessively polluted, recourse was had to a pipe-water supply; but, as no measures had been taken for the removal of the water and the prevention of waste, and the drawing from the wells—which previously had lowered the water-level beneath the sites—having ceased, the water-level rose, and so, with the waste of the new pipe-water supplies, the site was made a swamp, and the whole town was put in a worse sanitary condition than before. The effect of the better potable water was counteracted by the excess of damp from the fouled water. On such and other experiences, it results, as a sanitary axiom, that the duty of carrying fouled water out of houses, and out of towns, clear of the sites, constantly through self-cleansing channels, shall, with the duty of carrying water into houses, devolve upon one and the same authority, and that authority shall be a competent and responsible public one. We have numerous satisfactory instances, chiefly in small towns, of the working of this principle of sanitary administration, where the service of taking out the water, as well as of taking it on to the land, has been extended to the application of the sewage to agricultural production, so that there is no stagnation either of the fresh water, or the fouled water, or the sewage applied to the land. Nature abhors stagnation! Our first great object of getting potable water for villages and towns for the sake of health and temperance, is indeed combined with the means of getting well collected and well distributed water for the great sanitary objects—clean persons, clean habitations, and clean air.

In the absence of the light of science and administration, we have lately found too many towns in no better condition than that in which they were many years ago. The houses, and the streets, and the people filthy, the air fetid, typhus and other epidemics rife, all mainly arising from the presence of filth, which is defined as 'matter in its wrong place'; the immediate and complete removal of which to the right place—the soil—would in a great measure avert the recurrence of disease, restore health, promote abundance, cheapen food, and increase the demand for beneficial labour. Outside the depressed urban districts, at a short distance from them, in adjacent rural districts, we still find the aspect of the country poor and thinly clad with vegetation, except with rushes and plants, favoured with a superabundance of moisture, the crops meagre, the labouring population afflicted with rheumatism and other maladies arising from damp, due to an excess of water, which, if removed to its right place, the town, would relieve the rural population from a cause of disease and an impediment to production. The town population would receive in return the element of which they are most in need for the sake of health, and which, returned to the land, would be a means of the highest fertility.

We have now got increasing instances where this venous and arterial system has been brought into more or less effective action, and with advancing science it will be achieved completely. Not long ago I took an inspector, sent by the King of the Belgians, to examine some of these instances. In Croydon, for example, the whole of the sewage of sixteen thousand houses was being constantly removed without any stagnation, and was on the land, not in mechanical suspension, but in chemical combination with the

soil before the middle of the day, with the result of four or five-fold crops beyond the ordinary culture, and with the further result that the death-rate within the town was reduced by more than one-third of what it was in its previous insanitary condition. The like is to be found in the town of Bedford. We have now instances of the application of the principle to villages where the water, carried in pure, is carried out direct when fouled, and immediately applied to the land, not by surface, but by subterranean irrigation. In the instances of the towns, any remaining offensive smells indicate the presence of causes of preventable insalubrity, at the same time that it proves defective workmanship, and bad local administration. You may test the local intelligence and administration by the nose. On the other hand, outside the town, and on the land, any stagnant sewage on the surface, and any offensive smells from super-saturation, indicate the preventable loss of fertilising matter and bad husbandry. With the progress of sanitary art and science, this will be remedied, and the principle of De Candolle, the great vegetable physiologist, that the future of agriculture will be in giving food and water at the same time, will be realised. I am happy to state that the German engineers have studied the principles elaborated under our first General Board of Health, have adopted them, and are applying them. At Berlin they have taken the water out of the hands of a private company, and are extending the delivery of it direct into the houses without cisterns. They are endeavouring to dispense with the river sources by spring sources derived from the drainage of adjacent sands. They are water-closeting the houses, and conveying the fouled water by self-cleansing drains and sewers, not to the river, but to the land, where, from such portions as have already been thus fertilised, they have got such crops as were never before yielded by German soil. If these works are completed on principle, I anticipate that the seat of the great German Empire, which has heretofore been a seat of the most foul stinks and pestilence, will be cleansed and purified, to become the healthiest of any capital in Europe.

(To be continued.)



DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER IV.

MATERNAL NURSING.

(Continued from page 177.)

THE question of diet bears a most important relation to milk supply. It will, therefore, not be inappropriate to indicate the broad principles on which the diet of the nursing mother should be based. For the past fifteen years I have not limited my patients to the low diet that was formerly in vogue. There may be exceptional cases, when it is advisable to have recourse to low diet, but it certainly is not the rule. It is impossible to lay down general principles that shall include and be especially adapted for exceptional cases. The chief thought to bear in mind is, that child-birth is not a disease, but a natural process,

and in all ordinary and uncomplicated cases requires to be treated as such. The observations of Dr. Fordyce Barker on this subject so entirely coincide with my practice and experience, that I do not hesitate to transcribe them, from the belief that his authority will assist in a reform so much needed in this department of medical science. Dr. Fordyce Barker says: 'Give the puerperal woman as good nutritious food as she has an appetite for, and can easily digest and assimilate. You will at first find many nurses who will not accept these views, and they may fail to carry out your directions in this respect; but my experience has been that after a time the intelligent ones become enthusiastic converts to this course. You will find that your patients rest better, and their functions are established with less disturbance than they would be with a spare or insufficient diet. Since I have adopted this measure with my lying-in patients, I am very sure that I have much less frequently met with those annoying and troublesome nervous phenomena that so commonly follow parturition, as the nervous system is then apt to be in a condition of exalted nervous susceptibility. The function of lactation is thus generally established without that disturbance of the system called milk fever, formerly so common.' It is therefore important from the very commencement that the mother should eat well; and also, that the food she takes should be such that she can digest. The enforced conditions of lying in bed and want of out-door exercise often cause the appetite to flag. Hence the necessity of particular attention being paid to the digestive organs. The first thing to ascertain is that the puerperal woman has an appetite. If she decline food, immediate inquiry as to the cause should be made. The dislike to food may depend on the exhaustion due to labour. (This sensation is often felt when people express themselves as too tired to eat. The administration of some simple tonic—some bitter infusion, with a little ammonia—will set this matter right.) Or the patient may have gone too long without food, and a bloodless condition of the stomach, known as gastric anæmia, is induced. This is also a common experience of those who have had an appetite and gone beyond their accustomed meal-times. The stomach desires and digests food when the lining membrane is freely supplied with blood. Hence, the patient should eat as soon as she begins to feel hungry. At the same time, care should be taken that the stomach be not overloaded. With respect to the beverages that are usually given to puerperal women, much ignorance prevails. Wine, beer, stout, in considerable quantities, have been, and even now are, considered necessary to promote the process of lactation, and ensure a continued supply of milk. This view is not only erroneous, but, when adopted, often proves injurious. It is no easy matter to overcome customs, habits, and prejudices, which have long held their sway in the lying-in chamber. Any innovation is at once mistrusted, unless enforced by indisputable authority, or justified by such reasons and results in practice that cannot be gainsaid. The importance of good food, in sufficient quantity, will in time be generally admitted; and when it is so, then the injurious effects of large quantities of malt liquor will be recognised. These beverages are often taken in the place of food, and consequently the appetite becomes impaired, and the digestion retarded. The blood is

then not fitted for supplying the breast with the prepared material for the elaboration of milk. That beer will increase the quantity of milk is an undoubted fact; but it is equally true that the quality of the milk is lowered to a corresponding degree. The quantity of milk secreted under the influence of malt liquors is a fact patent to every one. But that the quality is deteriorated could only be discovered by careful investigation, and hence it was overlooked. The practice of administering large quantities of gruel, and other fluids, through the day and night, from the mistaken notion that these articles go at once to the formation of milk, is also pernicious. The sickening sight of gruel in a lying-in room could only be tolerated by the patient on the supposition that it was essential to promote the supply of milk for her infant. The sudden change from substantial food to slop diet not unfrequently produces dyspepsia. All the troubles of flatulency, restlessness, and consequent increased temperature, tend to diminish the secretion of healthy milk. Thus a slop diet frustrates the end for which it was given. As might reasonably be expected, the one article of diet which commends itself on all grounds is milk. It is pleasant to take, easy of digestion, and contains all that is required. It can be taken in a variety of ways: either in a solid form as food, or in a liquid state as a beverage. According to circumstances, it can be made very agreeable by the addition of soda-water, potass-water, or seltzer-water; and if it from a curd when taken, then a little lime-water may be added, which corrects the acidity of the stomach, and keeps the milk soluble, so that it can be absorbed. Milk can be cooked in various ways so as to form a light, nutritious diet. With eggs, it can be made into custards; with the various farinaceous foods it can be made into rice, sago, tapioca, and bread-puddings. Bread toasted and broken into the milk, and again, bread boiled in milk, are changes which may induce the patient to make a better meal than she otherwise would do, if invariably supplied with the same thing. When a patient is confined to bed, and the appetite not vigorous, recourse must be had to those varieties in food, or in the preparation of them, that will be grateful to the appetite. The principle to bear in mind is, that the food given approximate, as nearly as possible, the constituents found in milk. Appetite and digestion are wonderfully assisted by variety in food.

It is important that the patient should take sufficient food, or the milk supply will not come up to the normal standard, in quantity and quality. Bread, milk, chicken-broth, and a nice tender, juicy mutton-chop, wonderfully assist in the milk-producing power of the breasts. It has long been the practice of the suckling mother to deny herself all fruits and vegetables, from the fear of impregnating the milk, and thus deranging the digestion of the child. Of this, there is no danger. If the fruits and vegetables agree with the mother, there need be no fear that they will disagree with the child. In fact, the sooner a mother gets back to her regular diet of three or four meals a day, composed of such articles of food as she has been accustomed to and can digest, the better for both herself and child. In the case of a woman of a delicate constitution and nervous temperament, with feeble digestive powers, it may be necessary to order some wine, or other stimulant (the quantity and frequency should always be

accurately prescribed). The moderate and judicious use of wine, or other stimulants, certainly has the power of promoting the desire for food in enfeebled digestion, and lessens the nervous irritability, which is often due to exhaustion. The power which alcohol exerts in moderating the wear and tear of the nervous system, which occurs when the emotional nature is excessively perturbed, deserves the attention of the practical physician. For on the condition of the nervous system depends the temper. Sudden storms sweeping over the highly-strung nerves, produce discord in the functional harmony of the system. This affects the milk in an injurious manner. It is obvious that the use of alcohol as a controlling agent should be left to the consideration of the medical man, who will adapt the form and quantity, according to the peculiarities of each individual case. It may be observed that those who have been accustomed to, or found that it is necessary, 'to take a little wine for their stomach's sake,' in order to assist digestion, will certainly not derive any advantage by giving it up during the puerperal period. The object in giving a little stimulant is to enable the patient to take food immediately afterwards, and thus aid in maintaining vital energy. In the majority of cases, food can be enjoyed without the aid of alcoholic beverages. When this is the case, their consumption is useless, and possibly injurious. Under these circumstances, the due secretion of milk may be obtained and maintained in a healthy mother. There are some that suffer from an excess of milk, or, as they express it, everything they take goes to milk. In these cases the application of belladonna and the administration of astringent tonics are of great service. They check the quantity by improving the tone of the vessels that supply the breasts. In those cases where there is a persistent deficiency in quantity or quality of milk, and the continuance of suckling appears to have become a drain upon the energies of the mother, it is necessary to supplement the feeding by using milk properly diluted.

Hitherto the bodily functions have been exclusively considered with reference to lactation. The mental or nervous system is no less important. The effect of the operations of the mind on the secretion of milk is the common experience of suckling mothers. The flow of milk will be increased by the sight of the child; and even the thought of it when absent will induce what is known as the 'draught' into the breast. This is a condition very similar to that of blushing, which is a determination of blood to the face induced by mental emotion.

The observations of Sir Astley Cooper on the influence of the nervous system on lactation are both interesting and instructive. The conditions under which milk is secreted in quantity and quality; the influences that check the quantity and destroy the quality, or arrest the secretion altogether, are set forth in the following extract. He observed that 'the secretion of milk proceeds best in a *tranquil* state of mind, and with a cheerful temper. Under these conditions the milk is abundant, and agrees well with the child. On the contrary, a *fretful* temper lessens the quantity of milk, makes it thin and serous, and causes it to disturb the child's bowels, producing intestinal fever and much griping. *Fits of anger* produce very irritating milk, followed by griping and green stools. *Grief* has a great influence on lactation, and consequently on the child. The loss of a near and dear relation, or change of

fortune, will often so much diminish the secretion of milk as to render adventitious aid necessary for the support of the child. *Anxiety* of mind diminishes the quantity and alters the quality of the milk. The reception of a letter which leaves the mind in anxious suspense lessens the draught, and the breast becomes empty. If the child be ill, and the mother is anxious respecting it, she complains to her medical attendant that she has little milk, and that her infant is griped, and has frequent green and watery motions. *Fear* has a powerful influence on the secretion of milk. I am informed by a medical man that practises much among the poor, that the apprehension of the brutal conduct of a drunken husband will put a stop for a time to the secretion of milk. When this happens, the breast feels flaccid from the absence of milk, and the little that is secreted is highly irritating, and some time elapses before a healthy secretion returns. *Terror* which is sudden, and great fear, instantly stops the secretion of milk.' Dr. W. B. Carpenter states that there is evidence that the mammary secretion may acquire an actually *poisonous* character under the influence of violent mental excitement. The following cases afford evidence which seem to justify the inference that the milk undergoes a remarkable change in its composition. It is recorded by Dr. von Ammon that 'A carpenter fell into a quarrel with a soldier billeted on his house, and was set upon by the latter with his drawn sword. The wife of the carpenter at first trembled from fear and terror, and then suddenly threw herself between the combatants, wresting the sword from the soldier's hand, broke it in pieces, and threw it away. During the tumult, some neighbours came in and separated the men. While in this state of strong excitement, the mother took up her child from the cradle, where it lay playing, and in the most perfect health, never having had a moment's illness. She gave it the breast, and in so doing sealed its fate. In a few minutes the infant left off sucking, became restless, panted, and sank dead on its mother's bosom. The physician, who was instantly called in, found the child lying in the cradle as if asleep, and with its features undisturbed, but all his resources were fruitless.' In this case, the milk must have undergone a change which gave it a powerful sedative action upon the susceptible nervous system of the infant. The next case, illustrating the effect of nervous excitement on the milk, and consequently on the infant, occurred within the knowledge of Dr. W. B. Carpenter, and is thus recorded by him, being an example of the fatal influence of undue emotion, and should serve as a salutary warning to mothers not to indulge in exciting or depressing passions. 'A lady having several children, of whom none had manifested any particular tendency to cerebral disease, and of which the youngest was a healthy infant, a few months old, heard of the death from acute hydrocephalus (water on the brain) of an infant child of a friend residing at a distance, and with whom she had been on terms of close intimacy, and whose family had increased almost contemporaneously with her own. The circumstance naturally made a strong impression on her mind, and she dwelt upon it; more, perhaps, as she happened at that period to be separated from the rest of her family, and to be much alone with her babe. One morning, shortly after having nursed it, she laid the infant in its cradle asleep, and apparently in perfect health. Her attention was shortly attracted to it by a noise, and on going to the cradle she found her infant in a convulsion, which lasted a few minutes, leaving it dead. Now, although the influence of the mental emotion is less unequivocally displayed in this case than in the former, it can scarcely be a matter of doubt, since it is natural that no feeling should be stronger in the mother's mind,

under such circumstances, than the fear that her own beloved child should be taken from her as that of her friend had been; and it is very probable that she had been particularly dwelling on it at the time of nursing the infant on that morning.' Cases in which death has resulted from maternal nursing immediately after being subject to great emotional excitement have been recorded by numerous writers; and, doubtless if the large number of deaths returned under the head of convulsions of children unweaned were subject to a close investigation, it would be found that the real cause of death was often in the shock communicated to the mother's nervous system, and consequent milk poisoning. A careful consideration of these facts naturally leads the mind to inquire into those conditions of the mother which not only justify, but imperatively demand, that she should forego the privilege of nursing her own child.

(Commenced in No. 33.—To be continued.)

THE FELLOWSHIP OF ANIMALS' FRIENDS AND THE FOOD REFORM SOCIETY.

FELLOWSHIP OF ANIMALS' FRIENDS.

President, EARL OF SHAFTESBURY; Chief Warden, RIGHT HON. W. COWPER TEMPLE, M.P.; Treasurer, SIR HENRY HOARE, BART.; Chaplain, REV. J. G. WOOD.

1. The object of this Association is to promote co-operation and sympathy amongst persons of all ages and all classes who desire to act kindly and conscientiously towards the animals over whom they have power and control.

2. To draw attention to the most effectual modes of discharging the duty which has been imposed by the dominion over animals given by the Almighty to mankind.

3. To develop a due feeling of abhorrence against all cruelty.

4. To dissipate the thoughtlessness, and to enlighten the ignorance which cause so much suffering to domestic animals.

5. To establish local branches of the Fellowship throughout the country, and to provide some communication and common action amongst those local branches, the Bands of Mercy, and other existing kindred associations.

6. To diffuse instruction about the proper practical treatment of horses, cattle, sheep, dogs, fowls, and other domestic animals, amongst those who have the care of them, and especially amongst the young men and lads employed in farms, stables, and slaughter-houses; to institute examinations; and to offer prizes to school children on the subjects of cruelty and the natural history of animals.

7. To engage as many persons as possible by a voluntary pledge to become protectors of animals against cruelty.

8. The pledge to be in the following terms:

'I promise to be kind to all the animals within my reach, and to protect them, so far as I can, from cruelty and ill-usage.'

9. The Fellowship consists of all who have taken and signed this pledge, or any other similar form of pledge that is approved of by the Fellowship. But membership of the Fellowship will be forfeited by a breach of the pledge.

10. All Members of the Fellowship will be entitled to wear a medal with a badge of light blue ribbon.

11. The affairs of the Fellowship will be conducted by Wardens elected by the Members of the Fellowship, and by an Executive Committee nominated by the Wardens.

A. M. REID, *Secretary*.

1, Victoria Street,
Westminster, S.W.

Donations and Subscriptions may be paid to the Fund of the Fellowship of Animals' Friends at Messrs. Hoares', 37, Fleet Street.

THE FOOD REFORM SOCIETY.

At a meeting of the Committee of the Food Reform Society held on the 25th of September, it was resolved: 'While heartily sympathising with the kindly spirit evinced by the "Fellowship of Animals' Friends" towards domestic animals, cattle, sheep, and other four-footed intelligent creatures, as revealed in the prospectus

of the above society, this committee fails to see how such fellowship, as professed, can be maintained with these creatures, or how it can act "kindly and conscientiously towards all animals," exhibiting a "proper treatment" of them, so long as direct or indirect encouragement is given by the fellowship to the rearing, breeding, and slaughtering of such sentient beings for human food, which we can only regard as an utter perversion of man's natural appetite, both wanton and wicked, seeing that the earth teems with abundance of most delicious, nourishing, healthful, and pure food, as derived from the farinacea, the pulses, the vegetables, fruits, herbs, and roots; whereas flesh, as food, is not only second-hand, composed of exactly the same elements as are obtained in the vegetable world, but can only be provided on such horrible terms and through so much suffering as may be daily witnessed in the stock-yard and slaughter-house.

'This committee respectfully begs to point out the inconsistency of wisely and strongly insisting, as is done by the fellowship, that all our lower fellow-creatures have rights as well as ourselves, and then countenancing as "proper treatment" the maiming, killing, and eating of them.

'As the case stands, the pledge of the fellowship in the following terms: "I promise to be kind to all the animals within my reach, and to protect them, as far as I can, from cruelty and ill-usage," and then deliberately to cause their death and eat them, is, in reality, a promise such as the wolf might be supposed to make to the lamb, or the tiger to the goat.

'This committee further respectfully suggests that if the members of the fellowship cannot themselves throw off the most unnecessary, wanton, and cruel practice of flesh-eating, they will, at least, endeavour to train up the many children whom they seek to influence in the vastly more economical, healthful, and honest ways of living, as obtained from the produce of that most bountiful mother, Earth, and, at the same time, endeavour to impart instruction on the composition and preparation of vegetable foods.

'By order of the committee,

'M. NUNN, *Hon. Sec.*'

A QUARTER OF A CENTURY OF FARMING.

TO THE EDITOR OF THE 'TIMES.'

SIR,—

Doubtless there has not been for many years so much anxiety respecting the harvest as exists in the public mind at the present moment.

When the reports vary so much as to the probable yield of this harvest, it may be interesting to your readers to see the result of my experience as to yield and price since 1854.

I ought to observe the major part of my occupation is fen land with good clay subsoil.

Yours sincerely,

JOSEPH MARTIN.

Highfield-house, Littleport, Aug. 27th.

		Yield per acre.				Average price.		
		Cbs.	b.	p.		£	s.	d.
1854	...	9	1	1	...	1	13	7½
1855	...	7	2	2	...	1	15	3
1856	...	9	2	0½	...	1	8	0½
1857	...	10	1	0¾	...	1	3	3
1858	...	8	3	0	...	1	0	7¾
1859	...	7	1	0¾	...	1	1	9
1860	...	6	3	3½	...	1	4	9
1861	...	7	1	0	...	1	7	9½
1862	...	7	2	0	...	1	3	0
1863	...	11	0	0	...	0	19	4
1864	...	10	3	0	...	0	19	7
1865	...	6	2	2	...	1	2	5
1866	...	8	3	2	...	1	9	10
1867	...	7	2	1½	...	1	14	2½
1868	...	9	3	1½	...	1	4	9½
1869	...	8	0	0	...	1	2	1½
1870	...	9	1	0½	...	1	6	2
1871	...	6	2	0	...	1	6	0
1872	...	7	0	3½	...	1	5	8
1873	...	7	1	1½	...	1	10	8
1874	...	9	0	0½	...	1	1	11
1875	...	7	0	0	...	1	2	7½
1876	...	8	2	0	...	1	7	4½
1877	...	7	2	2	...	1	5	0
1878	...	7	3	2	...	1	0	1½

CURRENT OPINIONS AND EVENTS.

Speaking at Leigh, on Saturday last, the Home Secretary made reference to trade depression as follows :

‘I am very sorry that I should have met you at a time when there has been, both in commercial affairs and agricultural matters, a considerable amount of distress throughout the country. I would not stop at the present moment to enter into all the causes of that distress. It is quite sufficient, I am aware, for you to know it, and you must feel that it has existed ; but you must remember, in judging of the cause, that this distress has not been in England alone, for it was felt in America far sooner than it was felt here, and it has been felt in America far more severely than we have felt it. Even in Australia has the distress been equally felt, and it has, I am sorry to say, been experienced nearly throughout the world.’

Respecting the alleged disadvantages of skilled labour, Mr. Torrens, at a recent meeting, said :

‘He did not believe that there was more skill abroad than at home ; but abroad men worked for less, and worked longer and later, while they were not accustomed to the comforts and indulgences of Englishmen. The idea must be given up that there was to be from this country any weighting or handicapping in the race. The thing was not now possible, and something else must be looked for.’

Mr. George Smith is indefatigable in his efforts to improve the condition of the canal population. In a letter addressed to the *Daily Chronicle* of Monday last he says :

‘During the last week I have visited the canal wharves at Leicester, Derby, Manchester, Blackburn, Burnley, Todmorden, and Rochdale, and have not, I am pleased to say—although there may be—seen any unregistered canal boats, barges, etc. In visiting the canal wharves at Hampstead Road and Paddington, London, this morning, I found nearly forty boats not registered in accordance with the provisions of the Act. Consequently, the clause relating to the education of children is abortive in London as yet, the result being that I could only find that two families of boaters, who claim Paddington as their head-quarters, are sending their children to school. These facts will speak for themselves. The conservatism and want of uniformity of some of the sanitary authorities is a rock lying underneath the surface, and unless care be exercised, some inconvenience may be the result, and attempts made to thwart the measure by carelessness and indifference.’

The City Temple is quite an institution. There is a large and well-appointed lecture-hall, which is not allowed to be idle. It is used for the promotion of the social and physical well-being of the people, as well as for their religious advancement. On Monday last Professor Fowler was the lecturer, and he discoursed to a good audience on ‘Health: how to secure it and retain it.’ The causes of illness and disease were indicated, and the lecturer spoke upon the aids to health and life at some length. The importance of living a more truly natural life was urged, the lecturer pointing out that if physical or sanitary laws are broken, illness and unhealthy cities will be the result.

Dr. Manning spoke at a great Temperance Meeting held in Exeter Hall on Monday evening in honour of Father Mathew. In the course of an able speech, which was well received, the Cardinal said :

‘To put down drunkenness was to labour to extinguish a horrible vice ; and to promote habitual temperance was to try and train people in the exercise of self-denial.’

MOTTOES AND MAXIMS.

CONQUER by faith.
No good but God.
East, west ; home is best.
No one is born for himself.
First deserve, and then desire.
Good fortune follows virtue.
Opportunity makes the thief.
Live that you may have life.
Love me little, and love me long.
Every light has its shadow.
Every shoe fits not every foot.
Seek nothing beyond your sphere.
He who seeks trouble never misses it.
Everything is the worse for wearing.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson*,

(*The Editor is not responsible for the views of Correspondents.*)

ENGLISH SPORT AND WANTON CRUELTY.

TO THE EDITOR OF ‘HOUSE AND HOME.’

SIR,—

While we walk with the crowd all will probably be well, but when we discover a path which looks to us better, and attempt to turn into it, we are almost sure to step upon someone's toes. And it is similar with regard to opinions ; a man may have his own private opinion, and while it coincides with what is called the general opinion, he may obtain the momentary smiles of popular applause from the passing crowd ; but when he refuses to remain a cowering, cringing slave to the opinions of others, the case is altered, and some one will boldly step forward and endeavour to refute the new opinion, even if sense has to be twisted into nonsense and nonsense into sense to do so.

A week or two ago I ventured to question whether sporting with dumb animals is really necessary to keep up English courage. I expressed a humble opinion that it is not necessary, and, further, I stated that those persons who delight in sporting with harmless and defenceless animals, while they themselves are in perfect safety, are generally cowards, inasmuch as I consider that cruelty and cowardice consists chiefly in taking advantage of our strength or ability to inflict pain upon a creature weaker than ourselves. I arrived at the conclusion that those persons who delight in sporting with harmless animals would not be more ready to face real danger than those who do not indulge in these cruel sports ; and I asserted that the English sportsman, who eagerly sports with a harmless animal, would not be so ready to sport with an animal which would be likely to overcome him, or that he knew could turn on him again. Mr. Bulow, a correspondent whose letter appeared in the last week's issue of *House and Home*, has endeavoured to refute these statements. To come forward in defence of the doings of the nobility requires some little courage ; and so I hope the nobility will have the good sense to appreciate the great services that Mr. Bulow has rendered in defending them. In the first place the writer says, ‘As far as stag-hunting is concerned, I will be reticent ; but that members of the English nobility are monsters of cruelty is an assertion which must not be allowed to pass without a challenge.’ I ask, are there not thousands of acres of land in Scotland that have been depopulated in order that the nobility may enjoy the sports of the chase? which I say is a cruel and idle pastime. The nobility lay in idleness and ease, while the keepers and the beaters drive the animals to the gun ; and, when the animals are only wounded, as is very often the case, they are chased by the hounds. And is there not land in England kept on purpose to preserve deer, rabbits, and game, for the tortures and massacres of sport? The object of the sportsman is not to lessen the sufferings of animals, but to add to his sport. Would it not be better if these lands were cultivated, that they might give healthy employment and abundant food and homes to many families of human beings? The writer goes on to say, ‘We must accept the general principle that the fowls of the air, and every living thing,

equally with the plants and trees, were placed under the dominion of man at the creation—i.e., for his use.' Man's pride and imbecility become apparent when he imagines that all things, animate and inanimate, have been created solely for his pleasure. Why, if we were to believe some people, we should hold that everything is sent, from a newly-born babe even to the plague amongst the cattle. We have such a consummate opinion of our magnificent selves, that whatever we find capable of being made to contribute to our own enjoyment, we instantly conclude with a pompous vanity that it was made and sent expressly for our own behoof. It is not argument to say that a thing is sent expressly for us, simply because it exists and we please to make use of it. There are animals and plants which exist too, that are destructive and injurious to man. What are they sent for?

Without exposing myself to the charge of sentimentalism, I may be allowed again to refer to the needless and systematic slaughter of our animated fellow-creatures. Of course, as the fields advance the forests must recede. The higher good justifies the infliction of the evil of death. If the tiger is in your path, by all means kill it if you can—but do not attempt to defend the frivolous fallacy that tigers exist for the sake of sportsmen, and are therefore to be perpetuated.

The writer further compares 'shooting with reading and walking.' With all his multifarious knowledge, he fails to see that there can be no comparison. What has reading and walking to do with killing poor dumb animals? He assumes, too, that no one can have any idea of what is cruel unless he has shouldered that deadly weapon called a gun. And further, he states 'That no really idle person would ever undertake a second day's shooting expedition.' But men like it, and if they have the time they do it, notwithstanding the hard work. Twenty men, with as many horses and dogs to help them, prefer working in this way for a whole day to any useful employment or innocent amusement, in spite of the hard work that Mr. Bulow supposes it to be. And, lastly, the writer asks for my opinion upon the brave of to-day; the heroes of Afghanistan or of Zululand. My opinion is this, that these heroes have burnt the dwellings and destroyed the habitations of thousands of unoffending people, and which, I say, is not in keeping with our professions of a civilized and Christian nation, and which is causing the name of Englishmen to be hated by everybody who has any regard for justice and mercy. Have the helpless received mercy from the brave of to-day? The prayers of poor ignorant men, loving women, and innocent children, who asked that their lives might be spared, were in vain. These persons have suffered every evil which a cruel enemy could inflict. Their property has been plundered, their homes and furniture burnt, and their life taken, and the brave of to-day have thought nothing of their higher duty to God, and His eternal laws of justice, mercy, and beneficence.

R. SHIPMAN.

THE FARMING OF THE FUTURE.

WE will for the present assume that the harvest of 1880 will yield abundant grain. Probably a lustrum of good harvests will succeed the lustrum of bad ones. But this alone will not be sufficient to replace the farmer in his former position. The foreign competition in corn and meat, says the *Farmer*, will continue to keep down at a low rate the price of beef and mutton, of wheat, barley, and oats. It will tax all his energies in the future to keep his place in the struggle for existence. Good harvests would be a partial relief, but only partial, and chiefly affecting that portion of the country called the corn-growing division. Rents may be lowered, but tenant farmers must not expect to see a time when farms will be let at other than a full rack rent according to the agricultural circumstances of the period. To enable the farmer to do justice to himself and to the land which he tills, it is necessary that some alterations should be made in the existing tenure of land, and probably in the system of cultivation. Freedom of cultivation and sale of crops, and equitable tenant-right legislation being secured, what system of farming will the enfranchised agriculturist be enabled best to adopt for his welfare? No general rule can be laid down in a country like our own, where soil, climate, and commerce vary so much. The farmer cannot fight with difficulties of climate or soil. Not only one of these, but both, must be favourable to the particular crop he wishes to cultivate, or he is at a great disadvantage. And the proximity of markets at which there is a better

demand for one produce than another will guide him in his choice of produce. He will grow wheat on 'wheat land'—on stiff, deep soils in a dry climate, and cultivate but a small area of roots. A few may perhaps be recommended to adopt continuous corn growing. On 'turnip and barley soils,' it is probable that turnips and barley will again be found the most profitable crops. But the farmer being allowed to alter the rotation of crops as he deems best—being wholly free to adopt or reject the four course system—will expand the area under one or the other crop as circumstances may make it advisable. On a large proportion of the soils of this country barley is the grain which pays best. The climate of Great Britain is not so favourable for the production of good wheat as many of the foreign countries which supply us with that grain. Foreign wheats command higher rates than the production of our own soil. The contrary is the case with barley. The best English is superior to any foreign barley, and weight for weight, barley is dearer than wheat. 'The greater success,' Mr. Lawes says, 'of the British farmer in this respect, with barley than with wheat, cannot be attributed to a greater expenditure of skill and capital in the production of the former crop, for he devotes equal skill and more money in the growth of wheat than of barley.' He is of opinion that we have not taken full advantage of the peculiar adaptation of our climate to the successful growth of barley, and recommends its more extensive cultivation. In particular he suggests growing barley twice in the rotation instead of once, even by growing barley two years on the same land in succession. At the present time a large number of farmers are not free to practise such a system, however great its advantages.—*The Country*.

THE POULTRY YARD.—The preservation of eggs for winter use must be proceeded with according to supply and requirements, and surplus stock must be disposed of. The later broods will now have attained a suitable size for table or market, and pullets not wanted for breeding or laying, and cockerels in excess of the requirements of the yard, as in the case of those hatched off early in the year, must be draughted off and marketed as soon as ready, or be killed for the table as required. Those intended for market should have a little fattening food, in addition to the usual supplies of corn to get them out of hand as quickly as possible. It is not necessary to separate those intended for home consumption from the stock birds, for all that is necessary in the way of feeding is to maintain them in good condition; but it is essential to determine at an early date which birds are to be killed and which are to be kept, so that the best for breeding may be preserved. Poultry of all kinds should be allowed as much run as possible, especially where there is a good breadth of stubble near to the yard, as they will be able to pick up a considerable proportion of the food requisite for their maintenance; moreover, the exercise and the fresh air will be most beneficial in their effects.—*Gardeners' Magazine*.

PORTRAITS.

The following portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
 THOMAS BURT, Esq. M.P.
 RIGHT HON. SIR STAFFORD NORTHCOTE.
 JOSEPH COWEN, Esq., M.P.
 THE MARQUIS OF SALISBURY.
 RIGHT HON. W. E. GLADSTONE.
 THE EARL OF DERBY.
 W. H. SMITH, Esq., M.P.
 DR. BENSON BAKER.
 DR. LYON PLAYFAIR, M.P.
 DR. F. R. LEES.
 EDWIN CHADWICK, Esq., C.B.
 Etc., etc., etc.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

They that govern must make least noise. You see when they row in a barge, they that do the drudgery work, slash, and puff, and sweat; but he that governs sits quietly at the stern, and scarce is seen to stir. —*Selden.*

Think you a little din can daunt mine ears?
Have I not in my time heard lions roar?
Have I not heard the sea, puffed up with winds,
Rage like an angry boar, chafed with sweat?
Have I not heard great ordnance in the field,
And heaven's artillery thunder in the skies?
Have I not in a pitched battle heard
Loud 'larums, neighing steeds, and trumpets clang?
And do you tell me of a woman's tongue;
That gives not half so great a blow to the ear
As will a chestnut in a farmer's fire.

Shakespeare.

In the old romance of King Arthur, where a cowherd comes to the king to request he would make his son a knight—'It is a great thing thou askest,' said Arthur, who inquired whether this entreaty proceeded from him or his son. The old man's answer is remarkable. 'Of my son, not of me; for I have thirteen sons, and all these will fall to that labour I put them; but this child will not labour for me, for anything that I or my wife will do; but always he will be shooting and casting darts, and glad for to see battles, and to behold knights, and always, day after day, he desireth of me to be made a knight.' The king commanded the cowherd to fetch all his sons. They were all shapen much like the poor man; but the thirteenth was not like one of them in shape and in countenance, for he was much more noble-looking than any of them. And so Arthur knighted him.

This simple story is the history of genius. The cowherd's twelve sons were like himself, but the unhappy genius in the family, who perplexed and plagued the cowherd and his wife, was the youth averse to the common labour, and dreaming of chivalry amidst a herd of cows. —*Disraeli.*

The autumn skies are flushed with gold,
And fair and bright the rivers run;
There are but streams of winter cold,
And painted mists that quench the sun.

In secret boughs no sweet birds sing,
In secret boughs no bird can shroud;
There are but leaves that take to wing,
And wintry winds that pipe so loud.

'Tis not trees' shade, but cloudy glooms,
That on the cheerless valleys fall;
The flowers are in their grassy tombs,
And tears of dew are on them all.

Hood.

Remember that money is of a prolific, generating nature. Money can beget money, and its offspring can beget more, and so on. Five shillings turned is six; turned again, it is seven and threepence; and so on till it becomes a hundred pounds. The more there is of it, the more it produces every turning, so that the profits rise quicker and quicker. —*Franklin.*

'Mid pleasures and palaces
Though we may roam,
Be it ever so humble
There's no place like home.

Payne.

THE HOUSEWIFE'S CORNER.

A COMMON FRENCH SOUP.

Put some thin slices of toasted bread, or dry crusts, in a soup-dish, moisten them with boiling vegetable broth; when soaked, add as much more broth as will make the bread swim easily, but do not boil the bread with the broth. Herbs, or stewed vegetables, may be added.

PICKLED SALMON.

Always purchase more fish than will be eaten when first sent to table. Place what remains of your fish in a vegetable dish; put half a saltspoonful of soluble cayenne and a teaspoonful of salt over it; boil a dozen allspice in a pint of white-wine vinegar, and pour the liquor scalding hot over the salmon. It is quite good the same day on which you have made the pickle, but infinitely improved by keeping it for a day or two. It should be put away in a cold place, and securely covered down.

RABBITS.

For boiling, take out the liver and dress it separately; and to insure the desirable whiteness of flesh, let the rabbits soak for ten minutes in lukewarm water. Half an hour's boiling will be sufficient for those of moderate size, more if they are larger. Smother with onion sauce, chop the liver very fine, and serve it in a sauce-boat; if you place the sauce round it, it may prevent those who dislike the flavour from partaking of the dish.

AN ALDERMAN'S PUDDING.

Boil a pint of cream with a bit of lemon peel and some fine sugar; pour it hot over half a pound of new Savoy biscuits: cover the bowl with a plate till the cream is soaked up, then add three ounces of sweet almonds, pounded or chopped fine, eight eggs, the whites and yolks separately beaten; bake it in puff paste, with a thin layer of orange or apricot marmalade in the middle.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office. Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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Advertisements of 'SHARES WANTED' or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

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HOUSE AND HOME

A Weekly Journal for All Classes

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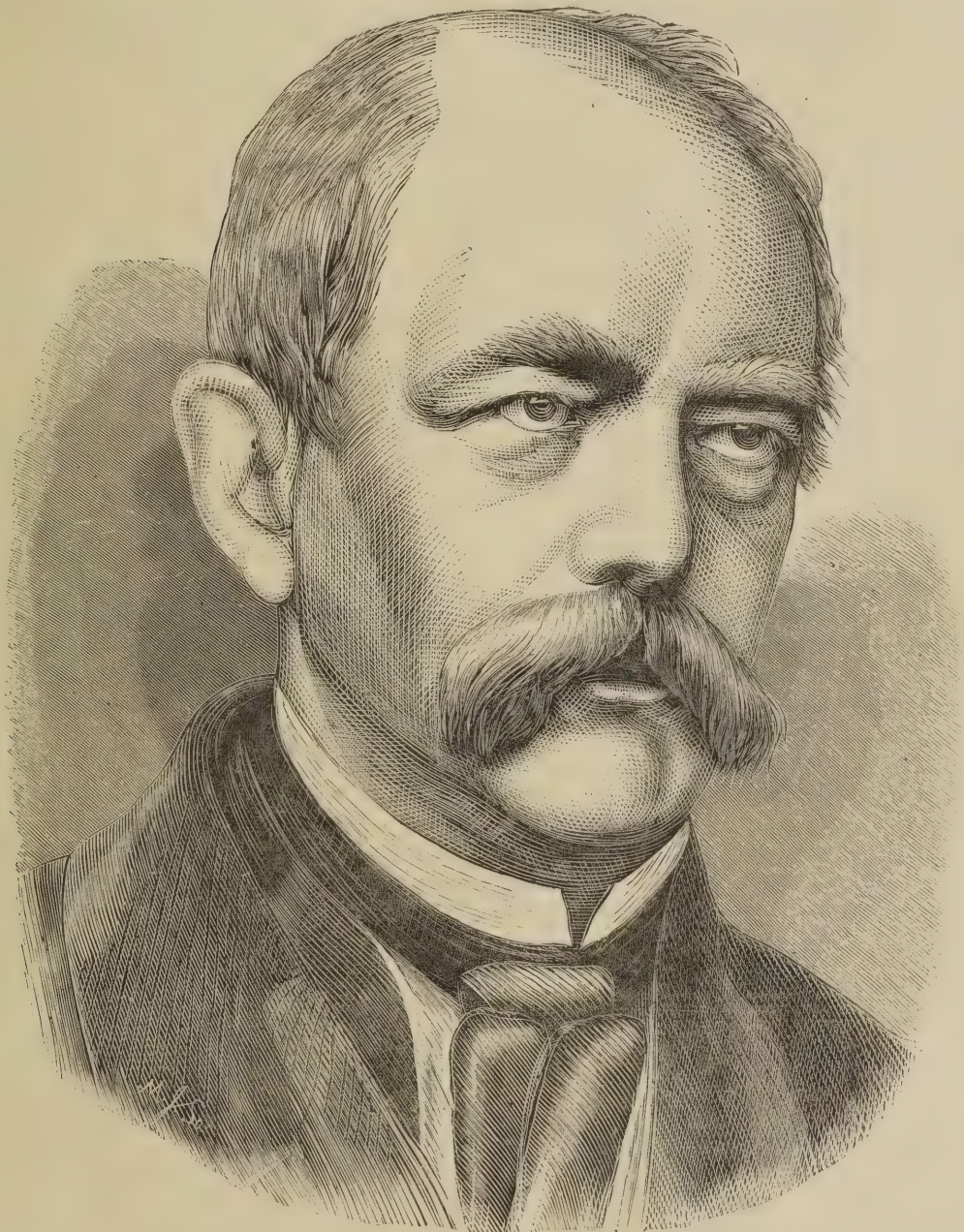
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AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 40, Vol. II.]

SATURDAY, OCTOBER 25TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



PRINCE BISMARCK.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: OCTOBER 25th, 1879.

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PRINCE BISMARCK.

PRINCE CARL OTTO VON BISMARCK-SCHÖNHAUSEN, perhaps the most influential living European statesman, was born at Schönhausen, April 1st, 1815.

After studying at Göttingen, Berlin, and Griefswald, he entered the army, and became a lieutenant in the Landwehr.

In 1846 he became a member of the Diet of the Province of Saxony, where the boldness of his speeches soon made him remarkable. It was during the following year that he argued for the destruction of all great cities, on the ground that they were the centres of democracy and agitation; and, as might be expected, his opinions were not modified by the events of 1848. He entered the diplomatic service in 1851, when the legation at Frankfort was entrusted to him. In the following year he was sent to Vienna, where he proved a formidable opponent to Count Rechberg.

In 1858 appeared a pamphlet on the Prussian-Italian question, in which reference was made to the antagonism existing between Prussia and Austria, and a triple alliance between France, Prussia and Russia was advocated. This publication was generally attributed to M. Von Bismarck. In 1859 he became Ambassador at St. Petersburg, a position held by him until 1862, when the Czar, whom he had conciliated, decorated him with the Order of St. Alexander Newski. He was appointed Ambassador to Paris in May, 1862, when he received from the Emperor Napoleon the Grand Cross of the Legion of Honour.

He was recalled home, however, to take a leading part in the development of a policy which has since eventuated in the establishment of the German Empire. On the 22nd of September he became Minister of the King's House and of Foreign Affairs; and the budget having been rejected by the Deputies, but adopted by the Upper Chamber, M. Bismarck

dissolved the former in the name of the King. Angry altercations ensued; the newspapers that protested against this act were persecuted with great rigour. The Deputies addressed the King, charging his minister with having violated the constitution.

Our space will not permit us to trace the career of M. Bismarck during the subsequent eventful years. He has been the most prominent figure in German, if not in European, politics. The war undertaken by Prussia and Italy against Austria was set on foot with a view of carrying out his long-cherished ambition of making Prussia the head of Germany; but although Austria was worsted in the encounter, the design was frustrated by the intervention of the Emperor Napoleon, who declared that 'he had arrested the conqueror at the gates of Vienna.' Austria, however, consented to retire from Germany, and thus one step was gained. On September 16th, 1865, M. Von Bismarck was created a Count, the King at the same time presenting him with a valuable estate in Luxembourg. In 1867 Count Bismarck succeeded in organising the North German Confederation, comprising a population of 29,000,000, with the King of Prussia at its head. As a reward, the Count was created Chancellor of the Confederation and President of the Federal Council. A series of misunderstandings between France and Prussia resulted in the Franco-Prussian War, in which the complete success of the German arms is now a matter of history.

Count Bismarck accompanied the King throughout the campaign, and the terms of peace were dictated by him. He succeeded in his long-cherished scheme for uniting Germany on January 18th, 1871, when King William of Prussia was crowned Emperor of Germany. In March of that year his imperial master raised him to the rank of a Prince. In 1873 he was appointed Prussian Premier. In July, 1874, he was shot at by Kullmann, and slightly wounded.

In 1878 he presided over the Congress of Berlin, which assembled to discuss the Treaty of San Stefano, and from which our own Plenipotentiaries returned with 'peace with honour.'

The Treaty between Germany and Austria, now in course of negotiation, is regarded as being a stroke of policy equal in importance to anything previously accomplished by Prince Bismarck; of whom it may be said that he has secured the union of Germany, created an Emperor, and so altered the map of Europe as to disarrange, if not destroy, the balance of European power.

ON PROTECTION FROM MISMANAGEMENT IN JOINT-STOCK UNDERTAKINGS.

BY JOHN OLDFIELD CHADWICK, ESQ.

[From a Paper read before the Economy and Trade Department of the Social Science Congress, October 2nd, 1879, Right Hon. Lord Reay in the Chair.]

MISMANAGEMENT in joint-stock undertakings was a subject which could never be thought trivial or unimportant, and had of late

acquired increased hold on public attention in consequence of the unusually developed extent of some recent examples. He proposed to confine himself to such aspects of the question as had come under his own observation, or within his own cognisance. He thought that joint-stock enterprise must be allowed to have been on the whole a valuable and beneficent public agency. Tried by the test of comparative failures, the prevalence of mismanagement could not be held to be preponderant on the side of joint-stock companies. In all joint-stock companies character and capabilities ought to form indispensable elements in the selection of directors and officers. A proper selection once made, the individual shareholders possessed for self-protection comparatively little power, and that only exercisable at general meetings. Hence they must seek in fundamental constitution, as far as possible, for a prescient remedy or constructive protection for investors against the evils of mismanagement.

The seeds of mismanagement might be sown with the very first foundations of the future company. The first and most immediately proximate danger was in too great first cost. Next to an erroneous valuation, the great chronic or fundamental evil was that of secret intermediate profits on the transfer. Too large a capital, or more than is demanded by the requirements of the particular business, was again a source of weakness, especially since much difficulty had hitherto existed in effecting a reduction. What the exact amounts and relative proportions of capital to be subscribed and called up should be must always be regulated by special circumstances, varying with each description of enterprise, and with every individual case; but it might be broadly laid down that in companies engaged in actual manufacture and trade, not less than two-thirds, nor more than three-fourths, of the subscribed capital should be called up. In the case of companies not actually engaged in manufacture or trading, such as banks, insurance companies, and mortgage corporations, the proportion of uncalled to paid-up capital might, with advantage, be much greater.

The power of allotment on an insufficient subscription of capital, sometimes with no loftier view than an immediate winding-up to assure preliminary expenses, provided a door for abuse, which had been proved by some scandalous examples to be too wide. Other causes of permanent injury, not necessarily fatal in themselves, but with the full power of attaining that character if in the course of working they acquire any important dimensions, were such as positively, by their enactment in the articles of association, or negatively by their absence therefrom, lay the seeds of positive irregularity. They were:

1. The stipulation of too low a qualification for the office of director.
2. Non-elective boards.
3. Restriction on the free action of shareholders.
4. Power to purchase a company's own shares.
5. Advances to directors or their partners or relations.
6. Irremovable officials.

As to the working mismanagement, the essential element in securing good management for others was to *fix individual responsibility*. A controlling master-mind could not with safety be dispensed with. Against incompetence and negligence no provision, however wise, could avail much. Against divided responsibility everything pointed to the adverse moral; yet there was sometimes a tendency in boards of directors to tolerate the advent and growth of a degree of obtuseness in that feeling of personal and individual responsibility which was their first duty, and ought to be their invariable attendant.

Shareholders' mismanagement was manifested by a too general craving for high dividends, in a certain degree of indifference to the appointment of new directors, and in *being contented with a superficial scanty audit*, performed perhaps in a hasty manner, by a person who had no special training for the work, and whose vigilance might be easily deluded. Audit was no infallible insurance against mismanagement and fraud; but rightly practised it ren-

dered their beginnings much more difficult, and in many ways diminished the risk and responsibility of those in power.

Contribution by directors to mismanagement was by no means uncommon. *The sense of individual personal responsibility was the first feeling which should animate any member of the Board.* In no great matter were directors more agreeably or more frequently led astray than in extension of premises and operations, and in other description of capital outlay. To say that such outlay should never be incurred would be to utter an absurdity; to say that it should only be entered upon after renewed deliberation, and the fulfilment of a variety of self-imposed precautionary conditions, would be to lay down a rule that, if acted upon, would prevent at one stroke more financial embarrassments and failures than flow from almost any other stream of mismanagement having its source in the boardroom.

The next branch of inquiry had reference to the laches of executive officers, whether managing directors, general managers, or otherwise designated. The springs of executive mismanagement might be classed as existing in incompetence, negligence, or fraud. The handmaid of fraud was criminal opportunity afforded by lax accounts hastily and superficially audited.

Provisions for requiring a given proportion—say two-thirds—of the nominal capital of a new company to be subscribed before allotment could legally be made, and for setting forth by the authority of Parliament a model or standard form of balance sheet to which conformity (as near as the special circumstances of each company would allow) might be enforced, would be salutary improvements on the existing statutes; but, for the present at least, these seem the limits to which new legislation need go. Government inspection or an official audit he condemned without hesitation. With respect to voluntary remedies for mismanagement, he said that perfect honesty in the first arrangements, and real and true valuations, were indispensable with a careful selection of directors. A fundamental article prohibitory of the power of the company to purchase, deal in, or hold its own shares was a *sine quâ non*. An almost equally salutary fundamental law, which should be incorporated in articles of association more frequently and generally than now, should prohibit advances to directors, or their firms. A provision for making the liability of directors unlimited, while limiting that of the shareholders who had no active part in the management, had not hitherto taken root in Great Britain. There was no good reason why it should not, if the parties agreed. It was certain, however, that before directors would undertake office under such conditions more liberal remuneration and personally heavier private investments on their own account than were now common would be essential conditions. It was not unlikely that if the provision in suitable cases were inserted in articles of association, less practical difficulty in regard to it would be encountered than might now be predicted.

Another provision rarely if ever inserted in articles of association should oftener be found there—a regulation that whenever a certain proportion of the capital shall have been lost, an extraordinary meeting of the proprietors shall be convoked by the directors forthwith. It was easy to see that in times of prosperity this regulation would simply be dormant, but in times of adversity it would be a reasonable proceeding. The thirst of shareholders for unreasonable dividends and their almost universal determination in times of prosperity to divide at once all profits secured ought to be moderated.

The correction of the abuse of proxies lay entirely with the shareholders. It was simply astonishing how readily they gave up their voting power to comparative strangers on demand. But the great power reposed in shareholders was in regard to audit. The auditors and their special duties lay exclusively in the province of the shareholders, whose inspectors they were. The frequency with which this inspection was allowed, and indeed compelled, to be slight and imperfect, or even to fall into desuetude, was almost incredible. Enormous transactions, a heavy capital, many officials, and an

extensive enterprise, were permitted to go on without any check whatever, until a bank failed disastrously and disgracefully, or a trading company came suddenly on the rocks in calm weather through the defalcation of a trusted officer.

All great delinquents in cash matters were trusted officers and high-principled men; the attainment of the one and the assumption of the other character were essential to the requisite extent of opportunity, and then it was discovered that there had been no audit! It was not too much to say that there were dozens of immense trading concerns in the land without the pretence of an audit, or with an audit which was only a pretence.

The steps to be taken by directors to shield themselves, their shareholders, and the public from mismanagement will naturally follow the cultivation of a fine sense of personal responsibility. That joint-stock enterprise in countless forms was destined to flourish, and to wax greater as a power in the mercantile world, was beyond question. That it should become a wholly beneficent power would be a national blessing, to contribute in any degree to the copiousness, the purity of which might well be to any patriotic mind a worthy object of honourable aspiration. (Applause.)

The CHAIRMAN thanked Mr. Oldfield Chadwick, on behalf of the meeting, very heartily for his valuable paper.



HYGIENE.

CIGARETTES.

By J. G. ASHWORTH.

I WAS an inveterate smoker once. My pipe and I were inseparable friends, and nothing pleased me better than caressing it fondly in front of a blazing fire 'when the winter winds *did* blow.' On such occasions I was in the habit of wandering in the beautiful regions of dreamland, and getting unto myself some shadowy renown. Outside, I of course always patronised a cigar, that cylindrical article having a more respectable appearance than the dingy briar-wood I was accustomed to press between my lips when alone. But I liked the latter best, and returned to it *con amore* on the first opportunity that presented itself.

Things went on in this delectable manner for many years. At length I began to suspect that smoking was doing me considerable harm. From a bold trencherman I degenerated to one of the most miserable dyspeptics eyes ever beheld. I grew pale and thin, and my breath became too strong to be pleasant. Some of my friends told me I ought to suck peppermint-drops continually; others, that I ought to indulge in a little sherry. Some advised this, and others advised that, backing up their advice with such cogent reasoning, and so many flattering professions of friendship, that I endeavoured to please all by following their prescriptions one by one. But in vain. My visage continued as ghost-like as ever; my flesh hung as loosely on my bones; my stomach was not to be coaxed by the daintiest diet; and lastly, my breath persisted in being as unaromatic as when I first began to bribe it with sweets.

Qui faire? I couldn't leave off smoking; *that* was too great a consolation. Common sense whispered that self-denial was the only true medicine for my ailments; but what would this wretched life be without the delicious weed, without those delightful excursions *in nubibus*? My vitiated tastes answered unanimously 'Nothing.' What did I do then? Why, out of two evils, I chose what I considered the less—that is, I turned

my attention to those dainty little cylindrical tubes known by the bewitching name of cigarettes. I became, in short, an enthusiastic cigarette-smoker. I sucked nothing but prepared paper, and inhaled scarcely anything else but comforting, pleasure-inspiring smoke.

It was not long before I could make a cigarette as dexterously as the most dexterous, handle it as gracefully, and demôish it as speedily. At first I was immensely fascinated with the exchange. My solitary promenades seemed less solitary now, I was so constantly occupied in manufacturing my miniature artillery. *Papier-maché* and bird's-eye were in requisition every five minutes, and somehow or other I got rid of more money than ever.

But it wasn't for the sake of economy that I left off smoking altogether. The economical argument, even twelve months ago, wouldn't have had atomic weight with me. I was too far gone for that—a regular *bourreau d'argent*. It was the following incident that finally opened my eyes wide enough to perceive how culpable I was in patronising such a foolish habit. Burns' prayer—

'O wad some power the giftie gie us
To see ourselves as ithers see us!'

was answered in my case, and I was determined to forswear not only cigarettes, but the weed altogether.

One evening, while taking supper with my landlady's family a smartly-dressed and elegant-looking young lady made her appearance. She was the daughter of a well-to-do carriage-maker in Camden Town, and a Sunday-school teacher to boot. Well, she hadn't been in the house long before she took out a small box of ready-made cigarettes, accompanying the act with some jocose remark, such as 'Does any gentleman object to smoking?' Having extracted one, she lit it at the gas, and began to suck it with evident relish, laughing and chatting all the time, as if smoking was a recognised female accomplishment.

She desired my landlady's daughter to emulate her example, but that prudent damsel declined to be enticed into anything so vulgar and unfeminine. Nothing abashed, she then turned to me, and graciously offered me my choice; but I also declined, as politely as I could, though I felt as if I should like to say something 'strong.'

At that moment this thought flashed upon my mind: 'If smoking is so disgusting a practice in a woman, is it not also disgusting in a man?' I silenced that question, however, very quickly, and began to converse, as amiably as my indignation would let me, in the following manner:

'Hem! Are you acquainted with many young *ladies*' (here I couldn't help a slight emphasis) 'who smoke cigarettes?'

'Oh yes,' she answered, smiling, holding her cigarette between the forefinger and thumb in a most charming attitude; 'oh yes, all my sisters smoke.'

'Indeed! Do you know any others?'

'I should think so. Every girl I know takes a whiff now and then, but Lucy Larkin,' she added, turning to the daughter, who no doubt knew the person alluded to.

'You don't mean that, surely?' I said, in surprise.

'Oh yes, I do. Why should you men monopolise everything? We are beginning to assert our rights, I can tell you.'

Good heavens! I thought, is our boasted civilisation coming to this? Must our maidens and mothers learn the pernicious

habit which man has so long considered his prerogative? Not if my example can teach them otherwise, I mentally ejaculated. From that moment I vowed to abandon the weed, and I have kept my vow. It is only lately that I have come to see that it was one of the sanest things I could do. I had originally flown to cigarettes because I deemed them comparatively harmless—at least, far less noxious than a pipe or cigar—while in reality, I have learnt that they are calculated to prove more inimical to our well-being than either, or both together.

This is not the opinion of anti-tobacconists merely, but of many medical authorities. Bronchial and throat affections are rapidly on the increase; diseases of the air-passages are very much more prevalent nowadays than they used to be, and there are prominent physicians who emphatically condemn the innocent-looking cigarette as the dire cause. Think of that, ladies, and no longer be ambitious to imitate the follies of a very foolish sex. I own our many shortcomings with shame and mortification. Be womanly, and you will gain surer consolation for the various ills of life than that which lies in tobacco, however good—you will be loved!

They also tell us that cigarette-smoking renders people more liable to disease than either pipe or cigar. The obvious reason is—that more smoke is thus inhaled into the system, and spreads over a greater surface of the mucous membranes. In this manner nicotine, which is the poisonous principle of smoke, is absorbed into the blood, and is a prolific source of much bodily and mental distress. Those of a nervous temperament are injured most. They become alarmingly excitable; their pulse loses its regular and healthy beat; amaurosis or dimness of sight often afflicts them; and lastly, dyspepsia sours all that is sweet, rendering table enjoyments impossible, and life itself a burden of almost intolerable weight.

This is bad enough, in all conscience, but the catalogue of ills caused by tobacco-smoking ends not here. Worse effects may and do follow, as published statistics will show. But I am not going to bore you with extracts from dry documents. One more remark, and I will lay down my pen. *If the fountain of life be vitiated, the outflowing streams will be vitiated too.* Good blood, and that alone, will make good bone and muscle, and brain. Depreciate it, and you depreciate the rest. Let those young ladies who have learnt to smoke, and who anticipate becoming mothers, take this fact to heart, and refrain from that pernicious practice which will assuredly consign their offspring to a heritage of disease, and perhaps of premature death.

When I contemplate the rapid growth of tobacco-smoking among all classes—from the full-grown man to the precocious mannikin—when I consider how the hateful habit has triumphed over female delicacy, and enslaved those who ought not only to point their offspring heavenward, but ‘lead the way,’ I am alarmed for the future. ’Tis indeed a sad subject, and needs ventilating from platform, pulpit, and press; and yet how careless and apathetic we are! Evils spread and spread, and fester in our midst, and we seem oblivious to their presence. If some protesting voice is heard, a hundred clamorous throats seek to drown it in such cries as ‘bigot,’ ‘fanatic,’ ‘fool,’ and so forth. Well—

‘And if it be so, so be it.’

But at least, fathers and mothers, let each home be free from the pollutions of the so-called fragrant weed, and let your children find in you models of imitation, and then there will be abundant hope for society and the world. The destiny of the ‘coming race’ is in your hands; be wise, and shape it well. At present, a millennium of good sense is far, far away. What with drunkenness, tobacco-smoking, and chewing, unseemly dressing, and a host of other fashionable vices, I sometimes wonder where we are drifting to in this year of our Lord, 1879.

THE SUPPLY OF DRINKING WATER.

BY EDWIN CHADWICK, ESQ., C.B.

[From the Presidential Address delivered to the members of the Congrès de l'Eau Potable, which met last month at Amsterdam.]

(Continued from page 186.)

I might adduce instances of sanitation by water-power in institutions under public control. The best tests of all are children's institutions, where, by the use of that power to obtain air-cleanliness by self-cleansing drains and water-carriage, the sickness and death-rates have been reduced by one-third; and by personal head-to-foot ablutions, combined, no doubt, with the dietetic efforts of fresh, pure, and potable water, the death-rates have been reduced by another third—effecting by both factors a reduction of the sickness and death-rate to one-third of those prevalent amongst the general population of the same ages.

We put forth drinkable water as our foremost object, but that, I need not state here, involves washable water for the person and for clothes, and solvent water for culinary purposes, and for manufacturing purposes, and also suitable water for steam power, without the incrustation of boilers. As my apology for thus particularising, I may state that, in the course of my service as the chief executive officer of the first General Board of Health in England, I had to examine the supply of water in our metropolis, and in a number of our provincial and manufacturing towns, and had to propound sanitary and administrative principles which are now recognised, and in course of extended practical application.

I will conclude, gentlemen, with a summary statement of the general conclusions at which sanitary science has, I consider, arrived in England, for the extension of improved supplies of potable water. The first is, for the improvement of machinery and methods of distribution, by connecting the house-service pipes with the street mains as parts of one system, and that a public one, responsible for the removal of all conditions of stagnation, as in cisterns, by which the best supplies are made bad, and bad supplies are made worse. The next is a condition insuring that the service of carrying in pure potable water shall be united with the duty of immediately carrying away fouled water, and preventing stagnation by removal through self-cleansing drains and sewers, and applying it direct to the land. The third conclusion regards the sources of supply, abandoning as soon as possible river sources containing, besides the sewage of towns, the surface washing of lands, especially highly manured lands, and substituting by preference supplies from spring sources, or sources derived from primitive rocks or clean surfaces; and, where good natural springs are not within reach, creating artificial ones.

Gentlemen, such are the conclusions, and such the outlines of experiences in England, reduced from early and wide observation during my official service as the chief executive officer of our first General Board of Health, and set forth in voluminous documents. We shall invite your information derived from observation, in your separate fields of service in your respective States, that we may combine them, to direct their collective force to the relief and advancement of our populations.

If I may be permitted to offer one suggestion, it would be that on the controversies as to the eligible qualities of water, I may say

that observations of the effects of different sorts of water upon individuals are perplexed by idiosyncrasies. But we may clearly see the results on classes of people under similar conditions. Thus, in a prison supplied with the sewer-tainted water of the River Thames, cases of typhoid fever were frequent. The sources of supply were changed to spring sources, and fever almost entirely disappeared, and there was a marked advance in the general health. In one prison there was an outbreak of diarrhœa, such as prevailed regularly amongst the outside population. Accidental contamination of the water in the prison cistern with sewage gas was detected. When that was prevented, health was restored. In one prison, cases of goitre appeared. They were suspected to be due to the water. The water was changed, and cases of goitre ceased. The most important collective test as to the value of pure water supplies are those on board our steamships of war. All are now supplied with soft water distilled from sea water and duly aerated. The men in our ships of war on the Chinese station were most severely attacked with dysentery. The cause was detected to be their carelessly drinking, when on shore, the water used by the people. The men were strictly ordered to drink no other than the distilled soft water on board. This was done; the dysentery ceased, and health was restored. As compared with the supplies obtained from the common sources of potable water got from shore, it is considered greatly superior, and is a great sanitary boon to our navy. There is no doubt that the superior quality of the water thus supplied to the Royal Navy is one of the chief factors contributory to the greater healthiness of the sailors of the Royal Navy over those employed in the mercantile marine. Nicety in the supplies of potable water for urban and sedentary populations is of more importance than for rural populations, as the urban populations comprise a larger proportion of sick and weakly subjects. I have had no time, nor is it necessary that I should advert to the obstructions to sanitary improvement by defective legislation and administration. I may state that more favourable auspices are dawning upon us, and that those obstructions are in course of reduction and removal. I beg to repeat, in the hearing of the scientists by whose presence we are honoured, the dictum of an early ally, the late Dr. Wilson, of Truro, which I cited in my report on the sanitary condition of the labouring population of Great Britain. After having related some particular improvements which had taken place as it were by chance, and independently of any particular aids of science, Dr. Wilson observed that 'it is impossible to avoid the conclusion, that much more might still be accomplished, could we be induced to profit by a gradually extending knowledge, so as to found upon it a more wisely directed practice. When man shall be brought to acknowledge (as truth must finally constrain him to acknowledge) that it is by his own hand, through the neglect of a few obvious rules, that the seeds of disease are most lavishly sown within his frame; when he shall have required of medical science to occupy itself with the prevention of maladies rather than with their cure; when governments shall be induced to consider the preservation of a nation's health an object as important as the promotion of its commerce or the maintenance of its conquests; we may then hope to see the approach of those times when, after a life spent almost without sickness, he shall close the term of an unharassed existence by a peaceful euthanasia.'

Since this dictum was cited we have made important advances; we have obtained examples of the reductions of old death-rates by one-third, and even one-half; and we have established correct norms and some sound factors of sanitary science; and we now await amended legislation. We have gained from the present Prime Minister of England the repeated declaration, which we are assured is in accordance with the deepest sentiments of her Majesty, that the study of the health of the population is the first duty of a statesman. Now that we have some relief from foreign complications, our metropolis is in a position of expectancy and hope, as to the measures of improvement in the water supply of London which such study of available experiences may under our popular Minister of the Home Department, Mr. Cross, direct.

DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER IV.

MATERNAL NURSING.

(Continued from page 189.)

THE PRINCIPLE UPON WHICH THE PRACTICE OF MATERNAL SUCKLING OUGHT TO BE FOUNDED, IS, THAT THE INFANT DERIVES A POSITIVE GAIN AND THE MOTHER SUSTAINS NO POSITIVE LOSS. Maternal suckling should, therefore, be discontinued if there be any injury done to either. Neither should suckling be commenced, if, in the opinion of the medical attendant, either mother or child is likely to be injured. The very wide question of the transmission of nervous idiosyncrasies and diseased conditions by means of breast-milk cannot be fully discussed here. The chief indications for the mother not suckling are such hereditary diseases as scrofula, consumption, and certain diseases of the nervous system; especially those that render the mother exceedingly impressionable to mental and emotional influences. Diseases, like estates, may be inherited or acquired, and no mother can desire that her child should inherit the diseases of her family. Scrofula is, without doubt, an inherited disease, and if the mother be free from any manifestation of it in her system, and knows that it is in her family, she most certainly ought not to suckle her infant. This disease appears to affect the child more certainly when derived from the mother than from the father. The conditions which seem to be most favourable for the development of this disease, when in a latent form in the system, is that of defective nutrition, and those who do not possess the latent germs of scrofula by inheritance, may certainly acquire this disease by mal-nutrition, resulting from improper feeding. When the disease is transmitted from the father's side, and the mother is strong and vigorous, it is incumbent on her to suckle the child as long as she is able without injury to herself. The most effective way of preventing scrofula manifesting itself is by affording the infant the best possible nutrition. This can be accomplished by strict attention to the diet and health of the mother, so as to enable her to prolong the period of lactation. The treatment of disease always affords the most satisfactory results when taken at the commencement.

Infantile scrofula is best treated by the administration to the mother of those materials which have been shown to exercise a beneficial influence on the adult, such as cod-liver oil, iron, and the phosphites, together with residence at the seaside—in a few words, all those influences that tend to bring health up to the highest standard in the mother.

A consumptive mother certainly ought not to nurse her child, it being contrary to the principles of maternal suckling

previously laid down. In this case it is positively injurious to both mother and child. The popular idea prevalent, that having children and suckling them tended to lengthen the life of a consumptive woman is contrary to fact. Consumption or tubercle is a disease of mal-nutrition, and consequent low vital grade of organisation. The old and erroneous view that tubercle was something special in the system which had to be got rid of before the patient could be cured is not in accordance with recent knowledge, and the sooner this notion is abolished the more likely will rational modes of treatment for preventing and arresting this terrible disease in both mother and child be adopted. Tubercle is neither more nor less than an alteration of normal nutrition to which some are much more liable than others. In these cases the potentiality of the cell life is so feeble as not to permit of healthy organization. Consequently, a process of degradation of tissue takes place, and gradually particle by particle of the tissue dies. These dead atoms act like a foreign body in the tissues, setting up irritation, ulceration, etc. To prevent this occurring, the great question at issue is how best to conserve the vital energies and supply the tissues with material out of which an energetic cell-growth may be evolved. It will at once be evident that the mother who cannot nourish her own tissues is not in a state of health to nourish those of her infant, therefore the child should be immediately weaned, and the mother should have a diet in which a large percentage of fatty matter is present. Fat supplies the substance needed to supply the deficiency which essentially constitutes the disease.

In a former chapter special stress was laid on the importance of fat in early cell-growth. In order, therefore, to save the tissues threatened with tubercle or the degraded product of mal-nutrition, such food must be supplied as will furnish materials for perfect tissue-development. It is a physiological fact that there is no growth without fat; so that by giving cod-liver oil, the tendency to form unhealthy tissues is overcome by supplying the most suitable material for the development of healthy structures. Fatty matter is not given in these cases for the purpose simply of fattening, but in order to afford that nutrition to newly formed tissues which shall ensure a high vitality in the structure of the various organs of the body. These principles must be carried out in the management of the child of consumptive parents, in order to obtain a successful result. If the father be consumptive and the mother be not so, it becomes very important that she should suckle the child for as long a period as she can supply it with both quantity and quality of milk. Thus, under judicious care, it is possible for the children of consumptive parents to grow up and reach old age, while children of healthy parents may die of consumption in consequence of improper feeding and the violation of the general laws of health. There are certain conditions of the nervous system which render mothers peculiarly impressionable and easily excited by the stirring events of daily and domestic life. When a suckling mother is subject to much mental disturbance, so that the nervous system is unable to maintain its natural equilibrium, then it becomes necessary for the future well-being of the child that she should discontinue nursing it. Not only does this irritability of the mother produce diarrhoea, convulsions, and even sometimes death of the child, but even should it survive, a similar nervous con-

dition will be most likely engendered. It is a fact not generally known that the majority of imbeciles are first-born children, and this is explained by the mental disturbances that so often accompany a first pregnancy. When like influences continue during suckling, they lay the foundation of a debilitated nervous system that becomes abnormally impressionable, and often ends in the child becoming an imbecile. Or this exalted sensibility gives rise to a pre-disposition to brain-disease, especially to that form of inflammation which ends in water on the brain. It is well to bear in mind that an over-sensitive nervous system possesses but little power of resistance, and consequently those children, when attacked by the common ailments incident to infant life, quickly fall victims. They have spent their nerve force, and when an extra demand is made they cannot honour the draft, but die in a state of physical bankruptcy.

The condition of the health of the suckling mother is a grave question in deciding how long she may suckle, or whether it is advisable for her to suckle her child. There are evils accruing to both mother and child from prolonging the period of lactation. The mother usually suffers from general debility—neuralgia, dyspepsia, and all its many irksome symptoms, and sometimes from partial blindness. These symptoms may be relieved by weaning, and a due attention to the condition of the secreting organs, tonics, such as iron and quinine, fresh air, exercise, and change to the seaside, etc. The infant also suffers when suckled too long; it becomes thin, flabby, irritable and restless; the motions become clay-coloured or green, followed by colic and diarrhoea. The quantity of milk is diminished, and the quality defective; consequently the child is not satisfied, and does not thrive until the milk is equal to its requirements. Under these conditions recourse must be had to either a wet-nurse or a bottle.

(Commenced in No. 33.—To be continued.)

MOTTOES AND MAXIMS.

He who lives well sees afar off.
 He who is warm thinks all are so.
 Fear is a fine spur, so is rage.
 Fat sorrow is better than lean sorrow.
 Pride goes before, shame follows after.
 None is a fool always, every one sometimes.
 A bad workman quarrels with his tools.
 Pray to God and hammer away.
 Discontent is a man's worst evil.
 Faults are thick where love is thin.
 Fortune has no power over discretion.
 Every one for himself, and God for us all.
 God cures, and the doctor gets the credit.
 Fortune knocks once at least at every man's gate.
 That goat is ill-saved that shames its master.
 From fame to infamy is a beaten road.
 Give advice to all, but be security for none.
 Three may keep counsel, if two be kept away.
 A bird may be caught with a snare that will not be shot.
 Entertain honour with humility, and poverty with patience.
 Absence cools moderate passions, and inflames violent ones.

BOOKS AND PUBLICATIONS.*

MEMORIALS OF TEMPERANCE WORKERS—Containing Brief Sketches of nearly One Hundred Deceased and Worthy Labourers. By JABEZ INWARDS. London: S. W. Partridge and Co., 9, Paternoster Row. Price 4s.

Mr. Inwards has done a much-needed work, and done it well. The temperance movement has made rapid strides during the forty-six years it has been in existence, and much of its success is due to the courage and devotion of its advocates and adherents. It has been said that biography is history teaching by example. A careful examination of the volume before us reveals that much of the history of the temperance movement may be gleaned from the biographies of its recognised advocates and leaders.

It may be thought that a volume devoted to the lives of departed workers is likely to be a sad and melancholy book. Viewed rightly, however, such is not the case. For while it is true that our friends are no more seen on earth, their work remains to admonish us in the path of duty, and stimulate us by example, to increased steadfastness in useful work.

The 'Memorials' fill a distinctive place in temperance literature, and the book, which is well got up, is sure to be a favourite, both on account of its contents, and the high esteem in which its author is held as an uncompromising advocate of total abstinence.

Our readers are in a position to judge the work for themselves, as we have already reprinted two of the sketches, viz., those of John Cassell and Jabez Burns.

BIBLE HYGIENE, OR HEALTH HINTS. By A PHYSICIAN. London: Hodder and Stoughton. Price 3s. 6d.

The author of this important work might have taken for his motto the trite proverb, 'Cleanliness is next to godliness.' The object of the work, as stated in the preface, is (1) 'to impart in a popular, easily understood, and condensed form, the elements of the all-important study of hygiene, and the art of health-preservation . . . (2) to show how numerous, varied, and important are the health-hints contained in the Bible; and (3) to prove that the secondary teachings of modern philosophy run in a parallel direction with the primary light of the Bible.'

The purpose of the writer is well kept in view throughout the sixteen chapters into which the work is divided. Valuable information upon health, diet, cleanliness, work, the dwelling, disinfection, etc., etc., is presented in a popular form, and Moses is shown to have anticipated much of the teaching of modern sanitarians. The book will undoubtedly be useful in associating the religious principle with hygiene, which is thus inculcated as a duty.

ECONOMICAL COOKERY FOR THE MIDDLE CLASS. By A LADY. London: Hodder and Stoughton. Price 1s.

This little volume is what it professes to be, a collection of recipes selected with a view to economical cookery. The authoress, by avoiding the expensive dishes usually given in cookery-books, renders her work one likely to be useful and welcome to a wide circle of readers.

BETROTHALS AND BRIDALS, WITH A CHAT ABOUT WEDDING CAKES AND WEDDING CUSTOMS. London: W. Hill and Son, 60, Bishopsgate Street Within. Price 1s.

This tastefully got-up *brochure* is sure to be popular, giving, as it does, a mass of information on the subjects it discusses, in a chatty and entertaining form. The poetical selections it contains will add to its general interest.

THE ART OF LETTER PAINTING MADE EASY. By JAMES GREIG BADENOCH. London: Crosby and Lockwood. Price 1s.

This little work, which forms the 205th of 'Weale's Rudimentary Series,' will be exceedingly useful to all who are desirous of acquiring the art of making letters with geometric precision. The diagrams will be of great assistance to the pupil.

THE SCIENCE OF SEEING APPLIED TO TEACHING THE ALPHABET—

Being the Detailment of a Paper read before the Social Science Association at Manchester, 1879. By F. J. WILSON. London: Office of *House and Home*, 335, Strand. Price 6d.

Mr. Wilson is an extraordinary man, generally beyond the reach of his readers. In this pamphlet, however, he is more practical than we have ever seen him before. By bringing his philosophy down to the ABC of life, he comes within the range of ordinary minds.

There is very much in the 'Science of Seeing' worthy of the careful

study of those who teach young children. Mr. Wilson introduces his ideas about colours, and urges colour as an aid in teaching the alphabet. He says of letters: 'We must look at their forms (the alphabet should be outline letters, or the teacher might draw the outline letter, and the child would be delighted in painting it). Here they are.

'Suppose we begin by hunting out the circular letters.

C G O Q S

'Very well; now paint these red.

'Which are the square?

E F H I L T

'Paint these blue.

'Which are the angular shape?

A V W X Y

'Paint these yellow.

'Which are made up of angle and square?

M N K Z

'Paint these green.

'Which are made up of circle and square?

B D P R U J

'Paint these purple.

'Now I maintain that by teaching a child on the foregoing plan, it will become better acquainted with the form of the letter, through previous knowledge, and thus you can refer to each form, if in doubt. To teach the child the sounds of the letters I should continue at it, as a parrot, through the alphabet, as getting the sounds in succession, or until he can sing them in threes, making double-you two words, like "propetty," just as if a horse was cantering. You could advance by mixing a little simple spelling, to illustrate each of the parrotations, as "cab," "baa," etc.'

Mr. Wilson's concluding note suggests an important element in infantile education:

'NOTE.—When a child is old enough to open and shut the door it must be taught to shut the door gently, as slam door slams lessons; and the ground in which you plant the seeds of knowledge must be **DOCILITY**.'

THE CHESSBOARD OF LIFE. By THOMAS BOWDEN GREEN, F.S.A., etc. London: 14, Argyll Street, Regent Street.

A most ingenious work. The idea is original and well-worked out. The book is a typographical gem.

HOW TO REGAIN HEALTH AND LIVE 100 YEARS. By ONE WHO HAS DONE IT. Translated from the Italian of LEWIS CORNARO. London: Simpkin, Marshall, and Co.

A nice handy edition of the distinguished Venetian's well-known treatise. It is edited by Mr. C. F. Carpenter, and Addison's 'Paper on Health' (*Spectator*, No. 195) is prefixed to it, forming a fitting introduction.

We have received the following three tales by Mr. T. H. Evans from Messrs. Tweedie and Co.:

ALL A PACK OF NONSENSE; OR, FINNY, TWITTER, AND JENNY. A Temperance Tale for Children. Illustrated, 1d.

A MAN WHO COULD DO IMPOSSIBILITIES. A Tale of a Coffee Tavern. 1d.

HOW TO CURE AND PREVENT THE DESIRE FOR STRONG DRINK. Second Edition, 1d.

We do not know of a better temperance tale for children than the first of these little books. The second, if widely circulated, would be exceedingly useful in directing working-men to the coffee-tavern instead of to the public-house. The third pamphlet treats of the diet cure of intemperance, an important topic, too frequently lost sight of.

As each of these productions originally appeared in our own columns, we will not further commend them, beyond adding that they are printed by Messrs. Billing and Sons, of Guildford, and that the typography and get-up are excellent.

CHROMO-LITHOGRAPHS.

(1) THE LILY GROUP.

(2) THE ROSE GROUP.

(3) THE HAWTHORN GROUP.

(4) COTTAGE HOME.

(5) DEAD CHAFFINCH.

These art productions are marvels of cheapness. They are really good, and much higher prices are asked for similar productions than those advertised in our columns by the Advertising Art Agency.

Real art is thus brought within the reach of all classes. The 'Dead Chaffinch' is a work of considerable merit, while the 'Cottage Home' is an artistic gem.

* We shall be glad to send copies of any of these books post-free on receipt of the published price affixed to them.

CURRENT OPINIONS AND EVENTS.

THE College for Working Women (7, Fitzroy Street), deservedly ranks among the most useful educational institutions in London. Although not very extensive, it has done a useful work. As Mr. Alexander MacMillan remarked, in presiding at the inaugural meeting of the winter term, the College was patronised by classes most needing the instruction afforded. He said that :

‘He had been struck, in looking over the report, at the range of industries from which the students were drawn. There were artificial flower and toy makers, bookbinders and compositors, book-keepers, china painters, domestic servants, machinists, needlewomen, dress and mantle makers, and milliners’ shopwomen, and others following similar callings to those mentioned ; but a large number were of no occupation, and were, he presumed, girls employed in housework and needlework at home. That was a class they ought to be glad to see amongst the students, because at that college they obtained the benefit of breadth of culture and associations which they carried to their homes, and their ideas became larger, and of a higher, purer and nobler kind than they were apt to be in people living in narrower spheres.’

In the address presented to Prince Leopold on Saturday last at Sheffield, the following passage occurs, referring to the deep interest H.R.H. takes in education and cognate subjects :

‘We rejoice that your royal highness, whose zeal for the promotion of knowledge and the cultivation of the arts and sciences is well-known throughout the United Kingdom, has been graciously pleased to honour this centre of manufacturing industry with your royal presence, and that it is your intention during your stay in this borough to open the Firth College, an institution designed for the higher education of the people in connection with the English universities, for which institution Sheffield is indebted to the liberality of one of its most honoured citizens—Alderman Mark Firth.’

In replying to the address, Prince Leopold said :

‘I must thank you for the courteous terms in which you have connected the object of my visit here with any proofs I have already given of the undoubted interest which I feel in promoting the education and welfare of all classes of the Queen’s subjects. A near acquaintance with a city so thoroughly representing the commercial life of England as Sheffield does cannot fail to produce impressions at once novel and agreeable ; and the enjoyment must necessarily be enhanced in the case of one who—like myself—visits for the first time in his life one of our great manufacturing centres.’

Some idea of the magnitude of the pulpit labours of Mr. Spurgeon may be gathered from the statement made by him in commencing his sermon on Sunday morning last. The sermon about to be preached was announced as completing, when published, a series of fifteen hundred sermons delivered in consecutive order from the pulpit of that church. By means of the press, Mr. Spurgeon’s congregation extends to wherever the English language is spoken.

There are at present no signs of diminished activity in the Coffee Palace Movement. On the contrary, they are increasing with great rapidity. Each week sees several additional houses established in London. On Saturday last, an establishment of the kind, known as the ‘Elgin Coffee Palace and Working Men’s Institute,’ was opened at Hackney by Mr. Vainer. In the

evening a public meeting was held in an adjacent building. Speeches, mainly in advocacy of temperance, were delivered. Among the speakers were several local clergymen and Mrs. Darrant, the well-known and indefatigable leader of the Working Women’s Temperance Movement.

Again the United Kingdom Alliance has held its anniversary meeting at Manchester ; and the council meeting held on Tuesday morning, and the larger public demonstration held on the evening of that day, both indicate an increasing interest in the great social problem the Alliance undertakes to solve. If the organisation does nothing more than promote the discussion of so important a question, it will not have existed in vain.

In opening the Firth College at Sheffield on Monday last, Prince Leopold said :

‘The wide gulf which had formerly existed between class and class, had, he was glad to say, been nearly bridged over by the influence of education, and it was still possible to love truth and wisdom more than fame and fortune. One of the highest gains he anticipated for Sheffield in her affiliation with universities, was that it would enable many students to enter well prepared, and on easier terms, upon residence in one or other of these seats of learning. Such residence he felt could command an education such as no new institution could equal. The work of the founders of such an institution as Firth College was stupendous, and those who had undertaken it knew what care and patience would be needed to raise it to the level of those great foundations which had been the slow creation of centuries. Mr. Firth’s generosity, great as it had been, left abundant scope for emulation among other wealthy men in Sheffield. Those who spent their wealth in luxury got repaid in a certain way ; but how much greater was the reward of those who, after spending what was required to keep them in a position of dignity, devoted the remainder towards furthering the happiness of their fellow men. Future generations would rise up and call such men blessed. The names they leave behind them will be ranked with those of Peabody, of London, Owen and Mason, of Manchester, and Firth, of Sheffield. The foundation of Firth College would lead to those intellectual benefits that invariably attended the progress of learning, philosophy, general culture, and the opening out of new realms of thought and pleasures that the ignorant could not know. One of the values of true culture was to make us shrink from all that was vulgar and false, and to prefer pure and simple pleasure to ostentation, vanity, and self-indulgence. Such, he thought, had been Mr. Firth’s idea in establishing that college. He hoped this day’s work would be the augury of fresh deeds yet to be done in Sheffield, and that it would bear out the spirit of the Poet Laureate’s verses :

“Men, my brother men,
The workers ever reaping something new,
That which they have done
But earnest of the deeds that they shall do”—

and amongst the things that Sheffield would do would be not only such as should increase her wealth and spread her manufactures, but such as should imbue her with that culture which descended from generation to generation, that wisdom which should make us all a people ever more worthy of our great country, the mother of mighty nations.’

THE MORALITIES OF THE NURSERY.

By MRS. PERRIER.

WE have outlived the reign of Mrs. Gamp and her sisterhood in the sick-room, and, it is to be hoped, we have nearly outlived her prototypes in the nursery. Yet we have not outlived many errors perpetrated there which call for reformation, and

perhaps the greater number of those errors are at present of a moral rather than a physical class—moral in their own nature, and in their immediate influence, but no doubt having much to do also with the future, if not the present, physical well-being of those who suffer from them. One of the chief of such errors arises from what I shall call an unregulated sympathy. From this, how many men and women have been—not allowed to grow up, but actually trained in, a weakness of mind, an excessive nervousness, or ‘sensibility,’ as it is called, although truth would give it a different name, which has made much of the misery of their own future lives, and has rendered them an intolerable nuisance very often to others—always an annoyance, more or less felt, according to circumstances.

And this is an error which has, in many cases, actually increased rather than decreased in these days of progress. In ages which now seem far back in history, it was no uncommon thing to find many even sensible and kindly-natured persons advocating and practising an unnecessary harshness and austerity towards children at all times, as they advocated and practised severer punishments for juvenile misconduct than we would now tolerate; but at present we seem falling into quite the opposite mistake, and there is as much of injudicious tenderness exhibited as there used to be of roughness and apparent indifference.

What after strength of mind or fortitude is to be expected from a man or woman, but especially from the latter, who has been in infancy made the victim—as we may call it—of such injudicious tenderness? How can we expect that human being to bear the inevitable ills of life who has been, while in the nursery, taught by the conduct of all around him that it was his positive right, if not his duty, to complain clamorously at the smallest inconvenience, and murmur loudly and incessantly at the slightest pain. It would be a grotesque, if it were not such a painful scene to behold, as we often do, the sensitive mother and the over-indulgent nurse, with perhaps an aunt or a grandmother, all gathered round little master or miss who has got a slight bruise or an insignificant scratch, each vying with the other as to who shall show most sympathy with a trifling pain which the sufferer ought to be taught to bear with good-humour, if not with complete indifference. And when a little temporary illness occurs—a cold, etc.—how the satellites condole, and pet, and pamper, and by every word and action actually teach the patient that his business for the time being is to make the life of every one around him miserable, and to avenge his unmerited and unbearable sufferings upon all who approach him. And it is so easy to teach him the reverse. Let all who have seen a children’s hospital admit this fact. The poor little sufferers there have been brought from homes where, if there was not positive neglect and ill-treatment, there was at least little or no time for even the necessary care, the proper sympathy, the useful tenderness—and how patiently do they bear their oftentimes severe pain and illness. Their serious hurts and indispositions have been, from want of knowledge or want of time, unattended to until they have resulted in deformity or incurable malady; and how bravely do they endure both the diseases and the remedies, and how thankfully and cheerfully do they accept the attentions paid to them. Surely the sight of such children ought to make us reflect that if unkindness and ill-treatment too often crush out in youth some of the nobler attributes of human nature, ill-directed or over-abundant sympathy kill down a great many others, in the place of each one of which grows some noxious weed. I say especially ill-directed, because while pity is lavished upon little bodily discomforts, while sympathy is obtruded to offensiveness in physical inconveniences, with the result of producing in after-life a contemptible moral weakness, and, not seldom, a repulsive selfishness, sympathy is too often but sparsely given in those circumstances, and on those occasions when it should be almost unbounded. The very small sympathy people commonly feel, the very small interest, indeed, which they even endeavour to take in the mental

cares, troubles, difficulties, or enjoyments of children, is perfectly amazing. It may not surprise us so much to find that those related by no ties to the little creatures around them should be unconcerned in these matters; although, when we see that they can feel, and feel strongly, for any bodily ills which children suffer, we cannot avoid some little astonishment at the perfect complacency, not to say indifference, with which they regard the struggles of the youthful mind—its efforts, its successes, its disappointments, its pleasures, its bitter pains. But when we see parents, and anxious—otherwise anxious—relatives, not only indifferent, but apparently unconscious, that children ever have, or can have, any suffering or happiness unconnected with mere bodily condition, we are really disposed to be incredulous of the fact, and to rather believe that the indifference is merely apparent. Yet it is too true a fact. The little child who is petted, and caressed, and consoled for a scratched finger or a bruised ankle, hides many a bitter thought, many a weary effort, refrains from many a confidence which would cheer his little heart, leaves unasked many a question which he burns to put to those wiser than himself, hides many a pleasant fancy, buries many a bright idea, because of his instinctive consciousness that those about him are completely unconcerned in all that passes within his mind. Most of us, it is to be hoped, have got beyond the old nursery principle that children are to be treated as mere automatons, and the old nursery practice of inculcating as the first rule of good behaviour that ‘children are to be seen and not heard,’ and that ‘children must ask no questions;’ but how far have we got on the right road, which is certainly the very reverse of this? Don’t we still see the little one carefully attended to, as far as bodily wants go, dressed and fed, and dismissed with the words, ‘Go and play,’ no one taking the slightest interest in the ‘play,’ which is, in fact, the work of life to the child, from which commonly comes to him, more than from the parrot lessons he is taught, the reflections and ideas which are to be matured hereafter? From this very cause it comes that the brightest intelligence is to be found in families of children among whom there is not any very great difference in age, and who are therefore accustomed to unreserved interchange of ideas with each other, while the only child, who has been schooled into a prodigy of learning, as its admiring friends flatter themselves, is, apart from that learning, a dull creature, with its natural powers very little developed, except the one power of memory, which is the only one upon which care has been bestowed. The truth is, we must associate with children. We must give up the notion that all we have to do for the minds of children is to pour information—sometimes very incorrect information—into them. We must not only allow them to think for themselves, but we must think *with* them; we must play *with* them; no make-believe play, which grown-up people too commonly try to pass off on children for the real thing, but downright play. We must be interested in all their little inventions, their plans, their projects for amusement; and we must interchange ideas with them, discuss principles with them, communicate reflections and observations with them, in all their upward struggle towards knowledge and wisdom. Without this, not all that education—in the ordinary acceptance of the word—can do will meet the moral requirements of our nurseries; and if these have been neglected, we shall often begin too late, when we begin to attend to the moral requirements of school-rooms and class-rooms. For want of this one moral requirement of sympathy with the mental life, how many human beings whose powers were really above the average have sunk down into hopeless mental inactivity, or, at best, have developed into the merest mediocrity. While, on the other hand, almost the whole of that contemptible weakness of mind which goes by the name of ‘nervousness,’ ‘sensibility,’ and so forth, and the complete development of which commonly means murmuring against all the trials and shirking all the duties of life, is due to the excess of sympathy lavished upon little accidents, and ailments which the youngest child, past mere infancy, can be taught to bear with cheerful courage.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

The plaintiff and defendant in an action at law are like two men ducking their heads in a bucket, and daring each other to remain longest under water.—*Johnson.*

It is with narrow-souled people as with narrow-necked bottles: the less they have in them, the more noise they make in pouring it out.—*Pope.*

A little neglect may breed great mischief; for want of a nail the shoe was lost, for want of a shoe the horse was lost, and for want of a horse the rider was lost, being overtaken and slain by an enemy, all for want of care about a horse-shoe nail.—*Franklin.*

Defect in manners is usually the defect of fine perceptions. Elegance comes of no breeding, but of birth.—*Emerson.*

Good manners is the art of making those people easy with whom we converse; whoever makes the fewest persons uneasy is the best bred man in the company.—*Swift.*

The best way to prove the clearness of our mind is by showing its faults; as, when a stream discovers the dirt at the bottom, it convinces us of the transparency and purity of the water.—*Pope.*

By struggling with misfortunes we are sure to receive some wounds in the conflict; but a sure method to come off victorious is by running away.—*Goldsmith.*

Good manners are small coin of virtue.—*Women of England.*

There are peculiar ways in men which discover what they are through the most subtle feints and closest disguise. A blockhead cannot come in nor go away, nor sit, nor rise, nor stand, like a man of sense.—*La Bruyère.*

Good manners are the settled medium of social, as specie is of commercial life; returns are equally expected of both; and people will no more advance their civility to a bear than their money to a bankrupt.—*Chesterfield.*

How oft the sight of means to do ill deeds
Makes ill deeds done!

Shakespeare.

I have a great esteem for those who are virtuous upon principle; but those who are only so from coldness of constitution are not worth a straw.—*Christina of Sweden.*

IMPORTANT PAPERS ON THRIFT.

WE have pleasure in announcing that a series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, ESQ., F.R.S.L., Secretary of the National Thrift Society, will be commenced in our issue for Saturday, November 1st. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

THE HOUSEWIFE'S CORNER.

BUTTERED EGGS.

Beat five eggs; put three ounces of butter in a basin, with a little cream or new milk, and set the basin in boiling water till the butter is melted, then pour it into a saucepan with the eggs, hold it over a slow fire, shaking it one way as it begins to warm; pour it into a basin and back, then hold it again over the fire, stirring it constantly and pouring it into the basin, more perfectly to mix the eggs and butter, until it is hot and thick without. Serve it on toasted bread.

MELTED BUTTER.

Cut two ounces of butter into small pieces, that it may melt more easily and mix better; put it into a very clean pint saucepan, with a large tea-spoonful of flour and two table-spoonfuls of milk; when well mixed add six table-spoonfuls of water; hold it over the fire and shake it round almost constantly the same way till it begins to simmer; then let it stand quietly and boil up. It should be of the thickness of good cream.

CUSTARD PUDDING.

Take two large spoonfuls of fine rice flour, put to it a little salt, six eggs well beaten, some cinnamon, sugar to the taste, and a pint of cream or new milk; stir it well, put it in a well-buttered basin, cover with a cloth and boil one hour.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

* * * Only approved advertisements will be inserted.

Advertisements of SHARES WANTED or for SALE, inserted at the rate of thirty words for 5s.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 41, Vol. II.]

SATURDAY, NOVEMBER 1ST, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



DR. BENSON BAKER.

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AND
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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

HOUSE AND HOME

LONDON: NOVEMBER 1st, 1879.

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DR. BENSON BAKER.

DR. BENSON BAKER, whose portrait will be welcomed by our readers, is the eldest son of the late William Augustus Baker, surgeon, R.A. He commenced his professional education by being articled to his father in 1855, passed the matriculation examination of the London University in 1860, and then became a pupil of the late Dr. Lankester, F.R.S., etc., pursuing for nearly two years a scientific course under his supervision, and deriving from him a taste for subjects connected with natural science and public health. He entered at St. Mary's Hospital, London, and there distinguished himself as an earnest and painstaking worker. He was appointed, by examination, non-resident medical and obstetric officer in St. Mary's Hospital, and assisted the physicians and surgeons in the treatment of the sick poor, in such a manner as to secure the general satisfaction of the authorities and those committed to his care. As a representative of the school, he was appointed one of the prosectors of anatomy in the Royal College of Surgeons, and obtained the membership of that body in 1864, also the license in midwifery, and the license of the Apothecaries' Society, and later on he became a licentiate of the Royal College of Physicians, London, and a doctor of medicine of the University of Brussels.

In 1865 he was appointed medical officer and public vaccinator of Christ Church district, St. Marylebone, London. Some conception of the amount of medical work done may be gathered from the fact that upwards of 4000 cases were annually attended by him. The manner in which he laboured for the relief of the sick poor, the energy and self-sacrifice displayed, was such as to induce the guardians to mark their appreciation of the medical services rendered to the sick poor by raising the stipends of

their staff, and in this particular instance, during five years, the salary was raised from £80 to £230.

During the ten years that he practised in London he was actively engaged in writing on subjects connected with sanitary science and other kindred topics having for their object the improved condition of the sick poor. He fearlessly pointed out the evils arising from the neglect in carrying out sanitary regulations, whether dependent upon personal ignorance, corporate indifference, or proprietary invested interests. The remedies proposed were suggested in such a manner as to overcome prejudice and disarm opposition.

Epidemics of typhoid fever and small-pox raged in the district, to both of which the doctor fell a victim in the discharge of his onerous duties. During a second epidemic of small-pox, he, in conjunction with his colleagues, impressed so forcibly on the authorities the absolute necessity of isolating the cases of small-pox, in order to stamp out the disease, that a temporary small-pox iron hospital was erected; and thus patients were enabled to be removed from their overcrowded dwellings, and to be properly nursed, the result being an immense saving of life, and the spread of the epidemic stayed. An interesting account of the work done in this temporary hospital appeared in the *British Medical Journal*.

While labouring for the sick poor he was not indifferent to the ill-requited services of the Poor Law medical officers, and, in conjunction with Dr. Jas. Rogers and others, took an active and zealous part in forcing the claims of the Poor Law medical officers on the attention of the Local Government Board. He became one of the vice-presidents of the Poor Law Medical Officers' Association, and wrote articles, made speeches, attended deputations, and read papers in the advocacy of Poor Law medical reform.

He published a series of articles on the sanitary condition of the poor in relation to disease, poverty, and crime, which were afterwards collected and published, with an appendix on the prevention and control of infectious diseases. The *Daily Telegraph* published, under the title of 'Always with us,' an article, by their special commissioner, on the labours of Dr. Benson Baker in Marylebone.

At the meeting of the British Medical Association held at Plymouth, he brought prominently forward, in conjunction with the late Dr. T. D. Maunsell, a review of the English and Irish Poor Law services, showing the vast superiority of the latter, pointing out the abuses that exist, and suggesting considerable amendments. Of these, two have been fully recognised and partially carried out by Parliament, viz.: the establishment of dispensaries, with drugs and dispensers, in the metropolitan districts; and the power conferred on boards of guardians to grant superannuation allowances to Poor Law medical officers when incapacitated from discharging their duties through ill-health or age.

The important question of the waste of infant life was continually brought under his notice in the populous district in which he laboured. Neglect, drunkenness, and overcrowding, drugging, and improper feeding, were great factors in producing

excessive infant mortality; in addition to which, the systematic disposal of infants by infanticide and 'baby farming' tended to swell the fatal list. This was a subject that could not escape the attention of an economist or sanitary reformer: hence he contributed to the press some graphic sketches on 'baby farms' and how they were conducted—the slow, silent starvation by means of which the infants were disposed of. Thus, by means of writing, and repeated inquests on the unfortunate waifs, public attention was aroused, and in 1866 an important discussion on the subject of infanticide took place at the Harveian Society, when a committee of the following gentlemen was appointed to draw up a report on the subject, viz.: Dr. Tyler Smith, Mr. Cargenven, Dr. Hardwicke, Mr. Ernest Hart, Dr. Benson Baker, Dr. Sanderson, Mr. Sedgwick, and Dr. Lankester. This committee ably investigated the evidence, and a very valuable report was issued. This was followed up by a deputation to the Home Secretary, and ultimately, in 1871, the question was brought before a select committee of the House of Commons, and the bill brought in by Mr. Charley, M.P., entitled the Infant Life Protection Bill, was passed in a modified form.

He contributed to the *British Medical Journal* a series of articles entitled 'A Sanitary Tour through Dublin,' and 'The Irish Dispensary System,' both of which attracted considerable attention at the time, and a lengthy discussion in the medical and general press ensued.

Among the papers contributed on medical subjects may be mentioned: 'The Influence of Lead-poisoning,' in the *Obstetric Transactions*; 'Fibrinous Concretions in the Heart and Large Vessels,' in the *Canada Medical Record*; 'On Croton Chloral Hydrate in Facial Neuralgia,' etc.

He was for some time physician to the Star Street Dispensary; but that, together with his other appointments, he was compelled to resign, owing to ill-health induced by overwork. Thus, in the midst of an active, useful, and successful career, he was advised to turn away from the high ambition of London life to the more genial atmosphere and lighter labours of a seaside practice at Southport.

Dr. Baker is Fellow of the Obstetrical Society, London; Member of the Harveian Society; Member of the National Association for the Promotion of Social Science; Member of the British Medical Association; Fellow of the Anthropological Society, etc.

THRIFT PAPERS.

By T. BOWDEN GREEN,
SECRETARY OF THE NATIONAL THRIFT SOCIETY.

NO. I.—*Thrift in the House.*

'THRIFT is blessing,' said Shakespeare, and the words are true enough, but they appear to be but little recognised as such at the present time. Thrift is a virtue which, however often and however highly extolled, is but seldom practised. Somehow or another it appears to be far below the upper classes and far above the lower ones, whilst the great middle class but seldom

make its acquaintance. It is a virtue, however, nevertheless, and we trust it may soon become a more appreciated and a more practised one. Thrift in the house is a blessing in the house, and a blessing which no house should lack. Thrift is, essentially, a matter of small things, and perhaps that is why the virtue is so often neglected. Some think it tiresome to have to attend to minor matters, others think it needless, and so, by one or another, for this cause or that, waste occurs here and loss there, till the sum total is such as would, if it could be seen, astound the thriftless one into thrifty habits for the remainder of his life.

Thrift does not apply merely to saving in monetary matters. A thrifty housewife means one who not only lays out her house-keeping money to the best advantage, but also one who so arranges matters as to save as much time, trouble, fuel, labour, etc., as possible. Thus, supposing Monday was washing day and Tuesday ironing day, she would arrange to have her baking done on one of those days, because a large fire being made up for one purpose would serve also for the other. Coals are an expensive article in housekeeping, and a little care and forethought will so arrange that when a large fire is required, good value shall be obtained therefrom in the shape of services rendered. Economy need never be confounded with parsimony. However wealthy an individual may be, he should not allow waste on his establishment. Scraps and morsels from the table need not be thrown away, but should be given to the animals; half-burnt ashes in the grate, half-burnt logs of wood, candle-ends, etc., should be consumed to the utmost. Gas should not be permitted to burn to waste. In these and many similar ways very considerable saving might be effected, and should be, even in the establishments of the wealthiest. Profuseness and liberality may exist without waste, and though there may not always be the same need for its prevention, yet the principle is the same, and this should be rigorously enforced on all occasions.

If children were trained up in this habit, the beneficial effect upon their after lives would be very great. Vast means and great estates would not then be likely to be squandered away, as they now too often are. The habit of carefulness in small matters whilst young would well fit them for the careful management of large matters later on in life, whilst, if reverses and misfortune should come, their early lessons in economy and forethought will be more than ever valuable, for whilst enabling them to make the best of things during their misfortune, nothing is so likely to materially assist them in speedily regaining their position as the vigorous and systematic exercise of prudence and thrift. In conclusion, let me say—

Never waste a single penny, and you'll then save many a pound,
Never leave a pin or needle lying useless on the ground;
Never lose a single minute, and an hour you'll never lack,
Never waste in foolish fancy what should hang upon your back;
Never let a heap of ashes lie to smother up the grate,
Never waste the scraps and morsels that are left upon the plate;
Never buy what is not needed just because 'it seems so cheap,'
Never lose or waste the 'mickles,' and the 'muckles' then you'll keep;
Never throw away in drinking what should go for food and rent,
Never puff away in smoking what should otherwise be spent;
Never live beyond your means, never make a foolish bet,
Never purchase without paying, and never run in debt;
Never be extravagant, and then to want you will not drift,
Never dispense with industry, and never give up THRIFT.

EDUCATION.

BY FREDERIC TODD.

ARTICLE II.—PHYSICAL EDUCATION.

It is, perhaps, one of the results of education being looked upon by the majority of the people as a purely professional thing, that so little attention is given to the subject by parents. Many fathers better understand the management of a horse than of a child, and the most important of duties is therefore neglected, or delegated to another who, at the best, can be only a helper. The training of the physical powers commences in infancy, and then belongs especially to the mother. Alas! too many mothers, from ignorance or heedlessness, fail to discharge their duties to their little ones in this matter. In the homes of the wealthy it is too common to consign the little ones almost exclusively to the care of a paid nurse, a person often without much experience or special aptitude for the task; while, in the houses of the poor, other claims upon the mother's time and attention are so many and so pressing, that to neglect the children is or seems unavoidable. In the homes of the middle classes there is generally more faithfulness to the sacred trust of the care of the children. When we think of the intimate connection between the physical and the mental and moral well-being of a child, and remember how almost entirely this depends upon the careful discharge of the parental obligations, we feel that the subject of our paper is one peculiarly suited to the pages of *House and Home*; for what is a home without children, and what are children without training? We can only give, however, a few brief hints, and they will probably contain little that will be to the reader either striking or novel.

'The body,' says our greatest physiologist, Professor Huxley, 'should be in such a condition as to be the ready servant of the will, and do with ease and pleasure all the work that, as a mechanism, it is capable of.' But this depends upon certain conditions. Let us notice a few.

CLEANLINESS.—As well for its health as for its comfort, and the comfort of those about it, every child should be trained to the habit of personal cleanliness. We have sometimes seen, amongst the very poorest in society, such painstaking earnestness in this, that they have, as the result, saved themselves from much danger of disease to which their surroundings rendered them especially liable. They have also won the respect of their superiors, and in time have been enabled to emerge from their poverty into a greatly improved condition. The loss of health, the loss of respect, and the moral obliquity which almost invariably attend personal neglect, should make parents and teachers especially careful in giving attention to the cleanliness and the proper clothing of their charge.

EXERCISE.—'The law of exercise is of universal application.' 'It is a fundamental law of nature that all the capacities of man are enlarged and strengthened by being used. From the energies of a muscle up to the highest faculty, intellectual or moral, repeated exercise of the function increases its intensity.* Action is as natural to a healthy child as motion to a stream, and the sparkling clearness of the one is as much the result of motion as the healthy vivacity and energy of the other. The inertia, fretfulness, and impatience which teachers and parents so often complain of in their children, is frequently the result of neglecting the laws of health. With moderate but regular

and varied exercise, the cheerfulness of spirits and mental and physical energy of a child will not soon fail; but compel it for too long a time to be almost silent and in a constrained posture, entombed as it were in the restraints of school, perhaps also in the close atmosphere of a badly ventilated room, and what wonder if its powers flag like an ice-plant in a high temperature, or, like a caged bird, it becomes unduly excited, and makes fitful efforts to escape the wearying restraint? Simple inexpensive gymnastic exercises in the home and school, cricket, boating, swimming, etc., of course under proper supervision, are valuable for developing the powers of youth. Walking, especially with an older person, who can, by watchfulness and wise remark, train the eyes to observe the beauties and the wonders which are all around us, will be very helpful. Rest and motion should be constantly alternating with each other.

(To be continued.)



HYGIENE.

DR. B. W. RICHARDSON'S PRESIDENTIAL ADDRESS TO THE SANITARY CONGRESS.

ON the 21st ult., the Sanitary Institute of Great Britain, of which the Duke of Newcastle is president, opened its Annual Congress at Croydon. The Congress closed on Saturday last. We hold over a *résumé* of its proceedings to make room for the following copious report of the president's address, delivered in the large hall at eight o'clock on the 21st ult. There were present on the platform several gentlemen well known in connection with sanitary progress. Among them were Dr. de Chaumont, of Netley, Dr. Corfield, Dr. A. Carpenter, Mr. Corry, Sir Antonio Brady, Mr. W. Dummer, Captain Douglas Galton, C.B., Mr. R. Field, Colonel A. S. Jones, V.C. (Wrexham), General Scott, C.B., Mr. Symons, F.R.S., and Major M'Coy, J.P., D.L., the secretary of the institute. Dr. Turnbull, of Philadelphia, was also present as a guest.

As the retiring president, Mr. E. Chadwick, C.B., was unable to formally resign the chair, through ill-health, Dr. Richardson commenced his address without any preliminary proceedings. He began by alluding to a conversation he and Mr. Chadwick had with Professor Owen in July last. He said:

One subject peculiarly attracted the attention of us who listened to him as he expounded it. We had entered into a discussion on the question of longevity and the natural duration of life of different classes of animals. With his usual scientific accuracy and industrious research, Professor Owen had on that day estimated from various data he had collected the natural term of life of the curious animal, the hippopotamus. He had learned that its term of life is thirty years. He explained to us the mode by which he had arrived at that fact; how in the calculation it had been necessary to take into account the dentition of the animal; the stages of development; the natural wearing out of the teeth; the period of gestation; the development of the skeleton into the perfection of a bony fabric, with particular reference to the combination of the epiphyses or loose ends of the bones to the shafts of the bones; and, lastly, the pathological or diseased condition of the dead animal of the species that had arrived at its full longevity, in order to determine whether or not there was evidence of cause of death from disease of some particular organ, or whether there was no such evidence, but simply a history of general decay from old age pure and simple.

We were told that in a hippopotamus which had recently died, and which was known to have just turned thirty years of age, the two sets of teeth had fulfilled their allotted duty, that the bones of the skeleton were duly consolidated, and that the organs of the body were equally degenerated; so that death had occurred, not from failure of any particular organ, but from failure of the organic parts altogether. In a sentence, the animal had died a natural death, and the constant of the term of life of it and its family was set down at thirty years, a constant to which all the facts that could

* Dr. Mayo.

be collated in respect to this species of animal definitely pointed. From this line of facts in respect to one type of animal life we are led to others, and the rule, laid down by the distinguished Flourens, by which the determination of natural old age is calculated on the basis of perfected maturity, was brought under review.

The skeleton is perfected when the epiphyses or loose terminal parts of long bones are firmly united with the shaft of the bone. When the date of such perfection of development is known in the mammalian class of animals, the simple process of multiplying the age at that date by five gives the natural anatomical life of the animal. The elephant came before us as an example. A young elephant, whose history has been related in the 'Philosophical Transactions,' died at the age of thirty years. At that age the epiphyses of its bones were not completely united with the shafts. It was nearly but not quite matured. Multiply thirty by five, and 150 years stand as the natural estimate of the life of the elephant, so that really an elephant might exist which had itself carried all the Governors-General of our Indian Empire.

Moving from this animal of long life, we turned to the camel, to find full maturity at eight years. Man follows the same rule as the rest of living beings. Judged by the same test, his full maturity and full age may be calculated with equal precision. His maturity—perhaps not quite the full maturity—is twenty years. His full age, therefore, is 100 years. This is the anatomical estimate of human life, the surest and by far the best of all that can be supplied, since it defines a law irrespective of and over-riding all those accidental circumstances of social and physical storm and strife which may interfere, and indeed do interfere, with every estimate based on the career of life itself, as it is shown in the ephemera by and through whom it is phenomenally demonstrated.

The inevitable conclusion is that man, even in this stage of his probation on the planet, is naturally destined to walk upon it, endowed with sensibilities of life and intelligence, for a period of 100 years, and that until he realises this destiny practically he is in value of physical life actually degraded far below his earth-mates, whom he designates the brute creation, and over whom he presumes to exercise his, to them, almighty will. The constant of human life is naturally 100 years; but because the fulness of age is 100 years, it is not essential that death shall immediately crown the advent of that fulness. But more remains. To certain parts of the scheme of natural life there is a boundary. The period of maturity of development has its boundary of twenty years, when the body ceases to grow; but if it ceases, in the ordinary sense of the term, to grow, it does not cease to increase. Its nutrition improves and perfects for twenty years more at least, and then only has reached its completed physical condition. It should never from that period gain in weight, and for a long time it should not lose. It goes on now through a third period, which Flourens admirably calls the period of invigoration, during which all its parts become firmer, all its functions more certain, all its organisation more perfect, and this period covers thirty years. At seventy old age begins, the first old age in which naturally the fruits of wisdom are bountifully developed, and which lasts from fifteen years to twenty, to mellow down to a period of ripe old age, commencing at eighty-five years, and lasting fifteen years more—*i.e.*, until the constant is attained. And yet there need not now be death; for though, as Lord Bacon has said, old men are like ruined towers, and though, as Flourens has quoted, youths live in a double sense, with forces in reserve and forces in action, '*vires in posse et vires in actu*,' the radical forces and acting forces of Barthes, while old men live only on the forces in action, '*vires in actu*,' possessing no reserve, it is wonderful how the forces in action will continue after the reserve is withdrawn. This kind of half-life has continued unquestionably many years beyond the fulness of age, both in man and lower animals, and to give it twenty years beyond the natural hundred is to be just without being in any extreme sense generous.

All through this presentation of natural fact, moreover, there runs another physical truth. Death is centripetal action. Those two birds on the wing are physically filled, like the gyroscope, with the '*vires in posse et vires in actu*,' powers in reserve and powers in action. A sportsman liberates a ball which pierces one bird, and the earth claims its prey. The living gyroscope falls. The fellow bird escapes. In time, it fails to rise the same height, its force in reserve being withdrawn, but its force in action remains, and it lives on. At last some trifling extra call upon it is final, and the triumphing earth brings it down to itself. That first bird fell from an interference with its life while yet it had its two powers; that second bird fell from failure of powers at different periods, but from the same inevitable, always present cause, the attraction of the earth. The same is true of men also.

What we call death is gravitation; what we call disease is some

accidental shot inflicted, it may be, while still the self-resistance to gravitation is in operation; what we call natural death is the gradual overweighting, at different periods, of the natural powers, reserve and acting, by the persisting force that bears us down. We cease to grow at a certain stage of our life, because of the resistance of this downward force; we cease to increase in size from the same cause; we consolidate in structure from the same cause; we bend in old age from the same cause; and we die from the same cause. Every step has practically been a death from the same cause. As these facts appear we are inclined to ask, how many of all men and women projected into life and charged with the reserve and acting forces—how many die with those forces intact up to the time of death, and how many with the acting force alone in operation? How many, if I may use the simile, die on the wing, fall headlong to the earth, shot by some wanton shaft that need never have been discharged? How many sink naturally to the earth from her final and gentle embrace? The answer to this question appals the mind. The answer rings out—Man reckless of life! every lower animal you do not immolate beats you in this! Man, civilised as you are proud to say, you have never yet given life a chance! Man of reserve and action, you die on the wing more certainly than the birds of the air on which you practise your fatal sports! You die within the first part of the second-third of your natural lives.

The question naturally arises, how long is this condition of affairs to last? Sanitarians have to protest against the casting away of nearly two-thirds of the life that is meted out for civilised men, and our protest is the more earnest as we detect that the waste which we observe is actually not at the time of life after the prime has been reached, but is most destructive in the very budding of life, and continues at the intermediate stages, between the period of budding and the prime. The world in this matter of life and death has, by daily observation of the phenomena, got into the habit of looking on wrong as right, and on what is practically suicidal death as death that is natural. It is a strange fatuity. If we were, for a short time, to see the lower domestic creatures under the same curse, if we were to witness horses enjoying ten, dogs four, and cats three years, as an average duration of their lives, we should think a persistent murrain had come upon them, and that, in relation to these useful domestic animals, the whole course of life had undergone a deteriorative change. Yet that is what, in effect, we are observing amongst our own kind.

Another question naturally presents itself. 'Can man live to his full term of a hundred years; and, if so, how? I prefer in the reply I shall venture to offer to frame what I have to say in the most easy form. I address you, a learned body of men and women; but I remember, at the same time, that through you I am addressing thousands also who will read what you hear; many of whom are most easily approachable by a description which will hold the imagination while it conveys the moral.

Permit me, therefore, after having built an ideal city, now to create an ideal people that shall show a model longevity; a people that shall have an ordinary term of life of 100, and prospective term of 120 years; and in order to carry out my design, permit me, in imagination, to convey you into a future age. Let the bells be ringing in the fiftieth year of the twenty-first century of the Christian era. Let us, still speaking our mother English tongue, travel by readiest and quickest transit—in an aerial ship, if it pleases you—to a point of the earth's surface lying to the extreme south of that region which Mr. Hepworth Dixon, in one of his prolific and striking works, happily designated as New America. There land with me in an independent Commonwealth to which has long been given the name of Salutisland, or more commonly Salutland.

The president gave a sketch of the polity, the social and domestic life, the people, the work, the health of his imaginary Salutland. The happy country was one in which three or four hours in the twenty-four was sufficient for all the work that had to be done by the busiest of the busy. The country had never once been engaged in war; it had produced neither general nor admiral; it had never asked permission to send a minister or ambassador to any foreign State, and it had never received such a functionary from other States. The most it had done to become known abroad lay in the fact that it had produced some remarkable painters, sculptors, architects, musicians, and poets, with many men of distinguished ability and originality in science and literature. The names of these illustrious men were well-known, and in the galleries of art and scientific academies in all parts of the world they were recognised as citizens of Salutland.

Every important city was made an equal centre of power and influence, and in order that no city might even claim priority in

history, the new law-makers withdrew into the wilderness, and there, in an almost inaccessible place, amid dry rocks and on a mountainous ridge, held their original conclave. That spot, enclosed and immortalised by a fitting inscription, telling to what honoured use it had once been applied, was held in reverence as a place on which the builder must never apply his skill; and the absence of a seat of government, and of all centres for cabal and plot of politics, did away altogether with professed politicians, a condition which these wise people very much appreciated. There were few lawyers as politicians. They had a proverb which says that what politicians make difficult, lawyers make inexplicable; and they had an idea which practically surpasses the proverb in effect, that when two people determine to go to law, one of them is of necessity mad, and, as a rule, to which there are few exceptions, both.

Where there were no politicians nor lawyers, there was little need for armed men. Carrying out to its fullest possible development another cardinal Christian principle, 'peace on earth, good will towards men,' the Salutlanders maintained that a people which picks no quarrels has none, and, enigmatical or visionary as this may seem, they found it true. They argued that armed men make disease, which is quite enough to exclude such men as a class from a model healthy people. Armed men are the picked men of the community; they are taken from humanising and peaceful occupations to follow a craft that can rarely be either the one or the other. If such men have nothing to do, they lead an indolent life, gilded with a false conception of authority and power, which is not wholesome as an example. It must not be supposed, however, that there was any disregard to order and public law in the ideal country.

There were administrators of order according to the public will, and officers of it. In all communities under 1000 of population there was the magistrate or commonwealth censor, who adjudicated on appeals made to him on behalf of public justice. Modern Babylons, like London, Pekin, or New York, were unknown amongst them. It was considered that a centre of life containing, in a limited space, more than 100,000 people is a danger, was, in truth, for all purposes of health, unmanageable. Death, they held, was the shadow of birth, and if large communities be admitted, in which people are herded together, the shadow may be calculated with as much accuracy as an eclipse.

Five separate dwelling-houses to an acre of land, and five persons to a separate dwelling-house, was the densest population allowed. The houses, large and small, were all built, with varieties only of artistic design, on arches which raise them from the ground; the bedrooms were disconnected altogether from the living-rooms; gardens were all around; and gardens were on the roofs. In the midst of the towns the eye was struck with the cultivation of fruit-trees that prevailed. The towns of Salutland might be called, as ancient Norwich once was called, the towns or cities of orchards. Throughout all the country the land was under cultivation of the most perfect kind for cereal produce and fruit and vegetables. Through this cultivation there were interspersed magnificent parks and glades, in which harmless animals of the most beautiful kind were free to wander.

Every tamable animal was there, and all animals were objects of singular and lively interest. The rivers and lakes were filled with varied kinds of fish, and every sort of bird that can be collected, retained, and naturalised on the land was also to be seen. This living magnificent creation was obviously preserved mainly for pleasure, and instruction and beauty. There was no idea of preparing any member of it for slaughter for any purpose, except for decrepitude, accident, or positive necessity. A man, woman, or child, who for wanton pleasure should hunt down or torture one of the inferior creatures, would be cast out of society; while the idea of having the dumb creature killed, and hung up in open shops to bleed, and be quartered, and cooked for human beings to live on, would be treated with as much disgust as we should now treat the practice of the owners of those African shambles for human remains, which Professor Huxley, in one of his most charming books, has so faithfully recopied to illustrate the history of a past civilisation.

Animals were, notwithstanding, still used by our model people. Their fleeces were used for clothing, their milk for food, and many of them were made to work. The elephant worked with an intelligence and skill almost human, and with a power superhuman, so that he was one of the most useful and faithful and best-beloved of all the lower animals in the land. He was the rival of the horse, which was also much cared for, and was bred in a state of great perfection for bearing the rider, to which duty he was mainly consigned. He was in much request, for all persons in Salutland, male and female, were consummate in the saddle; their country, which con-

tains vast and fertile plains, divided by splendid roads, and the atmosphere, which, except during a short periodical rainy season, was mild and dry, being remarkably suitable for horse exercise. The roads leading from one part of the country to the other were maintained in the most perfect efficiency, smooth in all parts, and dry as our best asphalt of to-day. Transit along these highways on horseback and by velocipede had supplanted most other modes of personal conveyance. The lines of railway, once so general, had lapsed now into conveyance for heavy goods mainly. The cost of coal had rendered steam locomotive power very limited, while aerial locomotion had replaced steam-propelled carriages in a marked degree. But that which had effected the greatest change in respect to locomotion has been the facility with which persons in all parts of the commonwealth can converse by telephone at any distance from each other. Separation is not really felt as with us now, and the act of journeying at a pace above forty miles an hour was considered an unnecessary expenditure of means and physical energy.

Taking Salutland as a whole, it may be compared to one vast garden. 'It is a return,' said one of their writers, 'if it be not presumptuous to say so, to the ideal of a paradise, in which all that is unclean is cast out.' The cities and towns were so constructed as to convey to the observer some classical conception of the illustrious past of the world. In favoured spots for the adaptation, great and wonderful cities had been revived in their pristine splendour, and with rigid truthfulness. Athens, with its Parthenon and all its ancient glories, lived again in this new world, on a seaboard equally beautiful. Paris, Rome, Cordova, and Salerno were recalled, as they were when their learning was the glory of the world. In a new Jerusalem the Temple of Solomon, true to every inch of design and measurement, invited the curious. A modern Pisa had its leaning tower, and many of our own beautiful cities and historical towns, such as Bath, Edinburgh, and Stratford-on-Avon, rose in exact form and character, and London had its miniature.

The education of the children was singularly happy, and the home life of the people was thus described: As the people pass before us, we are fain to divide them, after Flourens, into types of five ages. Their first period of life extends to 10 years, in which identification is perfected—the age of infancy. Their second period extends to about 20 years, in which the development of the skeleton is completed—age of adolescence. The third period extends to 40 years, in which the increase of the size of the body terminates, and the whole organism is completed—age of manhood and womanhood. Their fourth period extends to 70 years, in which the whole of the internal organs are made firm and invigorated—age of maturity. Their last period extends from 70 to 100 years, and is subdivisible into two parts—one reaching to 85, the first old age; the second from 85 to 100 or beyond it, the ripe old age or sacred age. In each of these ages the body and mind have their natural work, and physical growth; not a strain or tax is ever put on it that approaches rest, and play. The first age is left to be devoted entirely to active labour. The children grow up, not in idleness, but in directed pleasures, which tend towards the acceptance of work and play as varieties of one and the same pastime. They are allowed from ten to twelve hours of sleep; they are led into games and exercises which develop the physical and mental powers; and their only lessons are in practical and amusing tastes, in languages, and in music. Their own native tongue, still English, and even more purely English—as is natural in a concentrated community—than the English of England, which has become more mixed than formerly, is taught in the purest form of accent and style, as a first consideration. After that, other languages are taught conversationally from their roots, and all the languages of Indo-European origin are thus early and easily impressed upon the mind. Music is taught as naturally as language—in fact, as a part of natural language, the notes running with the alphabet, the chords with syllables, the melodies with sentences. Every child can sing. The birds of the forests, the morning stars that in their courses sing together, are not more harmonious than the children of Salutland.

After describing the kind of soil, the climatic conditions, and the hereditary tendencies of the people who originally colonised this land, some 300 English emigrants, who left their home in the nineteenth century, the president thus concluded: It would surprise no sanitarian of this day to hear that a community, living under the favourable conditions I have described, had reached to the attainment of splendid health and longevity. The lowest calculation of their life could safely be put down at a mean of threescore years and ten, with a prospective of fifteen years more for the life I have ventured to depict. This, however, were insufficient by thirty years of the true life value. It remained for certain other improvements to

be made for the Salutlanders to reach the perfected existence. What these improvements were I proceed, finally, to tell. The philosophical physicians, who soon came to the front in Salutland, were scientific sanitarians, as well as professed healers of the sick. Any man who called himself a physician was held of no repute unless he combined all these characters, and, on the ground that prevention is better than cure, let prevention stand first in his thoughts. If any one remained content to treat the sick, and to be concerned merely with the symptoms of disease and the medicines that would, as it was fancied, cure the sick, he quickly fell into the position of an empiric, and found it difficult to hold a place in the pale of the legitimate followers of Esculapius. 'Give me the management of the food, the fire, and the window of the room of a sick man,' said one of the legitimate representatives of this philosophy, 'and though all the empirics of the commonwealth, with all their nostrums, be called to treat that sick man, I will govern everything they do that is not actually mischievous.' Thus the science of medicine, which, in its true and honest position, is always in the front rank of advancement, was now somewhat changed. The doctors continued to keep a correct history of diseases, of the course of diseases, and of the causes of diseases; but they added an equal knowledge of prevention, particular and general, and valued that knowledge most. As in this way they became more and more imbued with philosophical principles, they instituted a grand inquiry, which was called by some the great instauration of medicine. Dismissing all special modes of cure, by particular systems or assumed specifics, they determined to know once and for ever what diseases would, and what diseases would not, get well without the aid of medicines of any kind, the general conditions for recovery being rendered as perfect as was possible. They agreed, in common, to test this method for a month. This being found satisfactory, they extended the trial for three months, for a year, and finally for five years. They then compared the results of those years with the results of the same number of previous years. The revelation was astounding, and practically reduced the system of treating disease by drugs to such a minimum that the drug trade ceased virtually to exist. This discovery of the triumph of preventive art did not satisfy altogether. It left on record the fact that nature never goes out of her path to cure, and that what has been called the '*vis medicatrix nature*' was as much a myth as any other of the past myths of physic. It left on record also that, under the happiest apparent external conditions, some diseases will run their fatal course as decidedly without medicines as with them.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime'; 'Infanticide'; 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER IV.

MATERNAL NURSING.

(Continued from page 200.)

It is no less true that evils attend premature weaning than in prolonged lactation. One of the great evils of weaning an infant too early is the disease known as rickets. This consists essentially of a deficiency in the lime constituents of the bones, especially the back-bones. This disease, unlike scrofula, is not hereditary. The great number of deformed children, which are a living testimony and rebuke to the ignorance that generally prevails on this question, justifies me in giving a place here to the researches of M. Jules Guérin, as recorded by Dr. Trousseau. He says: 'Of all causes that are most sure to produce rickets, is

improper food. In his first work, M. Jules Guérin had adopted the idea generally admitted, that rickets and scrofula are occasioned through deficient feeding; and by that term, according to vulgar prejudice, was meant suckling carried on too long. But his observation taught him that the direct converse of this proposition was true, and that the babies that became rickety were not those that had been kept too long at the breast, but those, on the contrary, who had been prematurely weaned. In fact, it appeared to be true enough, that under the influence of an insufficient supply of proper food the malady developed itself. But by proper food was to be understood something different from what was commonly meant. Experiments tried upon animals made the question quite clear. In these experiments M. Guérin set himself to find out if it were feasible to produce rickets at will. He took a number of puppies, in equal condition, and having let them suckle for a time, he weaned suddenly half the lot, and let them feed on raw meat—a diet which, at first sight, would seem the most suitable for carnivorous animals. Nevertheless, after a short time, those who continued to take the mother's milk had grown strong and hearty, while those that had been reared on apparently more substantial diet pined, and were taken with vomiting. Then their limbs bent, and at the end of four or five months the poor little beasts showed all the symptoms of confirmed rickets. From these experiments we must conclude with M. Guérin, that rickets depend, in a great measure, on the derangements of nutrition, which claimed improper diet as their cause. A diet which is taken to at a wrong season may fairly be called improper. For carnivora, it is flesh before the age of suckling is past. For herbivora (and an experiment on this point has been made on pigs), it is vegetable feeding given them too soon, when they ought to be still at the teat. In the human race, the same thing happens. Rickets is never so common as it is in babies weaned ere the teething is forward enough, and brought up on pap, vegetables, or even meat.'

The reasonable inference from these experiments is, that in those cases in which the infant is prematurely deprived of the mother's milk, that milk from some other source must be given, and this diet alone continued until nature indicates, by the presence of double molar teeth, the fitness of the infant's digestive organs for other foods. In those cases where rickets are detected in an incipient stage, the addition of small quantities of phosphates of lime to the milk, and continued daily for a lengthened period, is one of the best means of repairing the bony structure. The evil consequences that ensue from premature weaning, and also those resulting from prolonged suckling, naturally conduct the mind to a consideration of the time when an infant should be weaned. Also the method of effecting this transition with the least possible inconvenience to the mother and child.

In this matter, the only safe guide is carefully to follow the indications which nature affords. The date for weaning an infant cannot be fixed by the age to which it may have attained. Neither can any arbitrary rule be laid down as to when children should be weaned. Each case must be judged on its merits. Having previously indicated some of the reasons for weaning, which are derived from the condition of the mother, it is now proposed to direct attention to those indications which the development of the child suggests. The absence of teeth was

an evidence in favour of suckling ; the presence of teeth is the indication for weaning. Dentition ought not to be regarded as a disease. It is a natural process, and where the child is healthy, and regularly fed on suitable food, and surrounded by favourable hygienic conditions, such as fresh air, baths, cleanliness, etc., the advent of the teeth is frequently not marked by any constitutional disturbance. On the other hand, when, in addition to improper feeding is added the irritation of dentition, very serious disturbances occur, such as diarrhoea, colic, convulsions, etc. And these untoward results are put down to dentition. The time when the teeth begin to appear varies according to the constitution of the child. In some cases children begin to cut their teeth when they are three months old, others at six months, and others not before twelve months. Early dentition, when completed, may be regarded as the evidence of a robust constitution ; but when dentition is delayed, it is an indication on the part of nature of the importance of keeping longer to a milk diet. The delay occurs in children who do not develop rapidly, and consequently the digestive organs are not adapted for a change in food. The first teeth, or milk-teeth, as they are called, are twenty in number, consisting of four upper and four lower front teeth (incisors), two upper and two lower eye-teeth (canine), and four upper and four lower grinding-teeth (molars). The first teeth to make their appearance are usually two upper or lower front teeth. The progress in dentition, or rapidity with which the teeth succeed each other, depends on the vigorous state of the constitution ; but generally, about a month or six weeks intervenes between each pair of teeth. In about another two months the four grinding-teeth are cut, and about the sixteenth or eighteenth month the eye-teeth are visible, and by the end of the second year the twenty are completed. When the first six teeth are cut, which is usually from the eighth to the tenth month, it is customary to wean the child, unless there be some special reasons for prolonging the period of nursing. Having weaned the child from the breast, which should be done in a gradual manner, by giving it milk and water from a feeding-bottle, and only allowing it occasionally to suckle the breast, it thus becomes accustomed to the supplied food, and there being a less demand from the breast, less milk is secreted, and at last it gradually ceases its milk-forming function.

The operations of nature are gradual, and the more closely we observe and follow them, the more likely are we to act in accordance with those principles which govern natural processes.

Having weaned the child from the breast, it is important to bear in mind that the child is not yet in a position to take any other food than milk with advantage. Usually the digestive organs of an infant are not sufficiently advanced in development to enable them to digest stronger food than milk until the eye-teeth be cut.

The temperament of children varies. On this difference the rapidity of their development somewhat depends. There are some of such a sluggish circulation and lymphatic temperament, that it may be advisable to assist their vital energy by animal foods in the form of beef-tea, chicken-tea, and veal-tea, but these are exceptional cases, and medical advice on the question of their diet is of the utmost importance. Children of a sanguine and active temperament are best kept on a milk

and farinaceous diet after weaning. A more stimulating diet for them would only irritate their nervous system, and make them ill-tempered, peevish, and restless ; whereas, with a milder diet, they will be rendered content and amiable. Diet, properly regulated, according to the age and requirements of the individual, should form the basis of the scientific treatment of infantile disorders.

(Commenced in No. 33.—To be continued.)

WHY UNHAPPINESS EXISTS.

By R. SHIPMAN.

WE may as well try to grasp a shadow as to seek happiness without health. It is health that gives life its glee. All the creeds or medicines in the world cannot make a dyspeptic, nervous, or sick person happy. He must be well before he can say, 'I am in good condition, in mind and body.' To be well, what a blessing ! to be happy, what a luxury ! We all wish for happiness, and we all pursue it, though some of us evidently run along paths which do not lead to it ; for the innumerable hospitals, dispensaries, asylums, madhouses, and prisons, and the like, bespeak disease and misery. Suffering and unhappiness come because of sin—physical or moral sin—and they will continue till man learns to obey the physical laws of his Maker, as well as the moral. It is not a part of God's design to continue in perpetuity all the ignorance, vice, crime, and misery which now pervades. The physical laws of God are unchangeable ; they never tire, nor stop to rest. A hollow vessel of wood will float in water, food will satisfy hunger when we require it, and we cannot become intoxicated if we take no intoxicating drink. There is a cause for everything. Chance has much less to do with our health, happiness, and worldly success or misfortune than we sometimes suppose. There are a great many wrong notions in the world, and we have all, I fear, imbibed some of them. If we practise bad habits, and do irrational acts, and seek pleasure in hurtful things, we must expect to suffer. Whence come the thousand ills that flesh is *not* heir to, but deservedly earns ? From ignorance or neglect of the physical laws. Accidents will sometimes happen, however careful we may be, but the greater part of human disease and misery is preventable. The preservation of a sound mind in a sound body ought assuredly to be a matter of primary interest to each of us. Bad air, improper food and drink, are slow poisons, which surely kill at the last. Intemperance heaps disease upon disease, though we know it not for some time ; but in time life becomes a burden, and death relieves us.

Those of us who are in possession of health err when we think that we are not in danger of losing it when our habits are not consistent. I know it is difficult to give up anything in which we have learned to find pleasure, even when its baneful effects are clearly brought before us ; but, if we wish to avoid future evil, we must deny ourselves the present pleasure. Those of us who are ignorant of the way in which to keep well often waste a deal of time and money in trying to get well. It is astonishing to know how soon some of us expect to get well, even if we have been living a reckless life for years, and gradually undermining our constitution and deranging our system. It has taken years, perhaps, to bring us into a really weak state,

but nevertheless we expect to be made whole again in a very short time. We look for fruit while it is only the time for leaves, and at other times console ourselves with the idea that our condition is one which God wishes us to be in. We think not for a moment that we ourselves are the offenders, and, therefore, the evil lies at our own doors. If a man shoot his brother, God will not miraculously continue life; neither will He do so when filth, foul air, and intemperate habits are the rule, and cleanliness and temperance the exception.

Man, if he wishes to keep well and happy, must give heed to the physical laws: air, food, light, exercise, and everything which Nature has made requisite for a healthy existence, must be supplied in due quantity, and of the kind suited to his constitution.

I hope we shall endeavour to learn a little more about this body of ours, and the laws by which it is governed; we shall not then, I think, be so likely to be intemperate, or spend our money in expensive, worthless food, or in drinking that which is not drink, or seek solace in a poisonous weed. We have to learn that we live for something else beside eating and drinking, that we are members one of another, and that we cannot be truly happy ourselves without those around us are happy too. We may expect, when right is done, to find vice, crime, poverty, and misery to decrease, and we can then unblushingly pray to our heavenly Father, and say, 'Thy will be done on earth, as it is in heaven.'

EARLIEST ENGLISH HOMES.

By J. BONWICK, ESQ., F.R.G.S.

RAMBLING about this country, one drops upon some of the ancient abodes of Englishmen. These appear as low walls, more or less below the surface, which had once raised upon them wattles or wicker-work, coming to a point at the top. Against that light framework clay was plastered for warmth and shelter. The tenant entered his home Zulu fashion, by a dive and a crawl.

Those English dwellers made merry in what we would think most cheerless abodes two or more thousand years ago. But healthy folks, with food and clothes for daily need, having neighbours no better off than themselves, can make merry in strange quarters.

But long before the Celts came to these shores other races had made here their resting-place. We know next to nothing about them, though they have left some of their blood in the veins of modern Englishmen, as the Celts did not devour them all.

Still, the earliest homes of England yet brought before us were in caves. Those who choose to visit Settle Cave in Yorkshire, or Kent's Hole near Torquay, may satisfy themselves upon this question. It cannot be positively asserted that the cave-dwellers never made a *breakwind* in the open, as Australian savages now do, but that their chosen retreats were in the abodes nature provided ready to hand we are quite sure about.

These were advantages not to be despised. There was shelter from rain and bitter blast. A fortress could there be easily constructed to keep out unwelcome intruders. Food, too, could be stored there. And if, as Mrs. Hemans tells us,

'where love is there is home,' those primitive Englishmen in their family relations could have been happy. Byron's hero, tended by Haidée in the cave, was not altogether miserable.

Of those cavemen there were two sorts, one being a vast deal more ancient than the other, and therefore much ruder. This becomes apparent to the explorer of caves. At the Devon one, for instance, we see, a little below the surface-floor, articles which were in use but a few centuries ago. Digging lower, we come to Roman remains. Down again, we reach the signs of ruder man's existence, in polished stone weapons and tools, along with bones of a huge, but now extinct, kind of ox. Plunging further below, we discern the flint tools alongside of the bones of hyenas, elephants, beavers, hippopotami, etc., that managed to travel as far as the vales of Old England. But, in deeper depths, tearing open thick beds of stalagmite, formed very slowly by droppings from the cave roof, we get to the man's home at a time when the long-extinct cave-bear sought shelter there.

England then was no more like England now, in landscape features and climate, than the men who sojourned in those caves then were like the Englishman of the day.

Some geologists and anthropologists fancy that the rude folks who used roughly splintered tools in what is known as the *Palæolithic*, or early stone period, were separated by a great space of time from those more skilled races who rubbed down the stone to an edge after fracture. The latter, called the *Neolithic*, are noticed under circumstances indicating an age of many thousand years; but who can give a date to the homes of men who fought with mammoths in Devonshire?

Some charcoal-looking earth from Kent's Hole, Torquay, was sent to London for examination, and proved to be the remains of roasted man. Our very remote English ancestors had special feasts of human flesh as a variety of table luxuries.

So much for the earliest homes of England.

GERANIUM FLOWERS IN WINTER.—There is no plant better suited for prolonged flowering during winter than the geranium, if handled in the following manner:—Procure young plants of the varieties you wish, about the middle of May, put them in a four inch diameter pot, the mould to be well-decayed sod and one third cow dung, mixed well together, but not sifted fine, for geraniums like a rough compost. Place the pots on a bed of ashes four inches thick, to keep insects away. Keep them dry, so as *not* to encourage the growth, and if any leading shoots, or flowers appear, nip them off, but do not spoil the shape of the plant; rather improve it, if you see a new shoot will do it. At the end of September repot them into a six inch pot with the same sort of compost. Now you may allow them to grow and flower in the window looking south, keeping them moist, and they will flower all the winter.

LORD SHAFTESBURY.—'It would be difficult,' said the late Lord Teignmouth of the then Lord Ashley, 'to conceive a public man, eminently qualified though he was for the transaction of business, less disposed to submit to the trammels of subordinate official routine. Already, a far wider and less frequented field of enterprise had opened to his view; and, as he realised its growing expansiveness, he was ready bravely to endure and triumphantly to overcome the opposition, scorn, and obloquy to which his early philanthropic efforts exposed him. The prestige which he derived from his exalted social position no doubt materially promoted his success, especially as he consecrated to the loftiest purposes any advantages accruing to him.—*Leisure Hour*.

CURRENT OPINIONS AND EVENTS.

ON Tuesday last a meeting for the promotion of the Sir Rowland Hill Memorial was presided over by Mr. Samuel Morley, M.P., who expressed his warm sympathy with the movement.

Sir John Bennett took part in the proceedings, remarking 'That he was surprised that the large amount of work done and with such large results should have been so little acknowledged. It was true the Government had voted him £20,000; but it was not until within a year of his death that the Corporation of London had conferred upon him the highest honour in their power to confer, viz., the freedom of the City of London. In addition to benefiting the commercial and social position of the country, Sir Rowland's labours had directly tended to educate the masses.'

Professor Fawcett has set himself resolutely to work to procure an improved water supply for London. It would be difficult to secure a greater sanitary boon for the metropolis. Speaking to his constituents on Tuesday last, the Professor said :

'There is, however, one question so vitally affecting this constituency, that before I conclude I must ask your permission to refer to it for a single moment. It is perhaps in your recollection that almost in the closing hours of the last session I called the attention of Parliament to the grave hardships and the gross injustice that were inflicted on the people of London by the deficiencies in the quality and in the mode of the supply of the water which you have to drink—(loud and continued cheering)—and to the increased, and, I believe, illegal charges—(cheers)—that are imposed upon you by the water companies. I asked the House of Commons to affirm that a subject so vitally affecting the comfort and the moral well-being and the safety of the people of London was a question which ought at once to be dealt with by the Government. (Hear, hear.) The reception that the motion met with was most favourable, both from the House and from the Home Secretary, who spoke on behalf of the Government. The motion was fairly, and, as I believe, unanimously supported by the members for the metropolis of every shade of political opinion. Within the last few days I have noticed that a meeting was held, over which Cardinal Manning presided, with the object of memorialising the City Corporation to introduce a bill on this subject. No one is more anxious than I am to fully acknowledge the disinterested zeal which has for years been shown by Cardinal Manning in his efforts to obtain for the people of London a better water supply. But I must say that I think this memorialising of the Corporation is not altogether a wise step. The Home Secretary, speaking in August last, gave what was interpreted, not only by myself, but by the House of Commons, and, I believe, by the country, to be a most definite pledge on the subject. He said that the entire question should have a most complete and thorough investigation, and, as I understood him, with a view to legislation upon it next year. I have not the slightest reason to believe—and I think it would be unfair to the Government to indulge in any suspicion of bad intentions—I have not the slightest reason to believe that they do not intend fully to carry out this pledge, and that next year, when Parliament meets, they will not be prepared with a comprehensive measure on the subject. If, however, I should be disappointed—I am not fond of giving you promises, but this promise I will give you—whatever party is in power or government in office, whether Liberal or Conser-

vative—(cries of "Liberal")—I will never rest until the people of London are emancipated from the monopoly of the existing water companies, and until the people of the metropolis enjoy what is now enjoyed by the inhabitants of every large town in the kingdom, and that is, a pure and constant supply of water, at a cost which is sufficient to repay the outlay, and at a cost which is not regulated, as it now is, to enhance to the utmost the profit of private companies.' (Cheers.)

On the same evening a public meeting was held to promote the object in Bermondsey, presided over by Dr. Freston. The Rev. Dr. Maguire, Professor Rogers, and Mr. Dunn, the candidates for the representation of Southwark in the Liberal interest Mr. Beale, and other gentlemen holding diverse political views united in making the meeting a great success. The people of Southwark suffer keenly from the present inadequate water supply, and it is not surprising to find all classes uniting in the endeavour to bring about a better state of things.

PORTRAITS.

The following portraits are in preparation :

SIR WILLIAM JENNER, F.R.S., etc.
THOMAS BURT, Esq. M.P.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

A CONVENIENT IDEA.

TO THE EDITOR OF 'HOUSE AND HOME,'

SIR,—

On arriving at a street in a cab on a wet night, the cabman could not find the number, so he had to get down from the box and try to find a number on a door as a guide, when I thought to myself what a convenient improvement it would be if the parish, or whoever the authority is that regulates these matters, were to print in skeleton numbers in the corner of the lamp glass, the number of the house nearest to the lamp. What an advantage it would be to see the numbers as you pass, so as to drive at once to the direction, and for the matter of that, walk to the direction, for of a darkish night it is often very difficult to see the numbers. The expense would be next to nothing, the advantage would be an expression of gratitude from every cabman and customer; and the light, if it was painted in the upper roadside corner of the lamp, as you look at it from the pavement, would be too insignificant for consideration. It is pleasant to visit the house and home of a friend. Will you, Sir, kindly facilitate the next invitation I may get, by appealing to the authorities through your columns?

Yours truly,
A SUFFERER.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge*.

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

If a fool knows a secret, he tells it because he is a fool; if a knave knows one, he tells it whenever it is in his interest to tell it. But women and young men are very apt to tell what secrets they know from the vanity of having been trusted. Trust none of these whenever you can help it. —*Chesterfield*.

He who gives himself airs of importance, exhibits the credentials of impotence. —*Lavater*.

The weakest spot in every man is where he thinks himself to be the wisest. —*Emmons*.

Would you judge of the lawfulness or unlawfulness of pleasure, take this rule: whatever weakens your reason impairs the tenderness of your conscience, obscures your sense of God, or takes off the relish of spiritual things; in short, whatever increases the strength and authority of your body over your mind, that is sin to you, however innocent it may be in itself. —*Mrs. Wesley*.

The talent of turning men into ridicule, and exposing to laughter those one converses with, is the qualification of little minds and ungenerous tempers. A young man with this cast of mind cuts himself off from all manner of improvement. —*Addison*.

Would you be exempt from uneasiness, do nothing you know or even suspect is wrong. Would you enjoy the purest pleasure, do everything in your power you believe is right. —*Rules of Life*.

What is mine, even to life, is hers I love; but the secret of my friend is not mine. —*Sir P. Sidney*.

To tell our own secrets is generally folly, but that is without guilt; to communicate those with which we are intrusted is always treachery, and treachery for the most part combined with folly. —*Johnson*.

Pride is as loud a beggar as want, and a great deal more saucy. When you have bought one fine thing you must buy ten more, that your appearance may be all of a piece; but it is easier to suppress the first desire than to satisfy all that follow it. —*Franklin*.

IMPORTANT PAPERS ON THRIFT.

WE have pleasure in announcing that a series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, ESQ., F.R.S.L., Secretary of the National Thrift Society, is commenced in our present issue. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

THE HOUSEWIFE'S CORNER.

INDIAN MEAL BREAKFAST CAKES.

Mix together in a bowl a quarter of a pound of Indian meal, an ounce of butter, and three quarters of a teaspoonful of salt. Boil half a pint of milk and pour it over the meal, stirring well till the mixture is smooth and thick. Put into a separate basin half a pound of flour, a teaspoonful of baking powder, and one ounce of moist sugar; also, beat an egg in a cup, with two teaspoonfuls of milk. Mix the flour and the beaten egg quickly and thoroughly with the meal; this will form a rather soft paste. With floured hands, put small bits on a well-floured board, and put them into shape—round, and about half an inch thick. Put them at once on a floured baking sheet, and bake in quick oven for eight or ten minutes. If the oven is slow, they must be turned, but they will not be quite so light as if done in a quick oven. Split and butter while hot.

ORANGE FRITTERS.

Peel the oranges, and cut them in rather thin slices, taking out the pips; then dip them in batter and fry them in butter till they are nicely browned; sift sugar over them, and serve them up quite hot.

BAKEWELL PUDDING.

Take the yolks of four eggs and the whites of two well beaten, a quarter of a pound of butter melted, two ounces of almonds chopped or beaten fine, loaf-sugar to the taste, two good mealy potatoes boiled, well dried and mashed fine. Cover a shallow dish with good puff-paste, spread a thin layer of fruit jam or marmalade, then pour in the mixture and bake it.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in signed articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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* * * Only approved advertisements will be inserted.

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A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.]

HOUSE AND HOME

A Weekly Journal for All Classes

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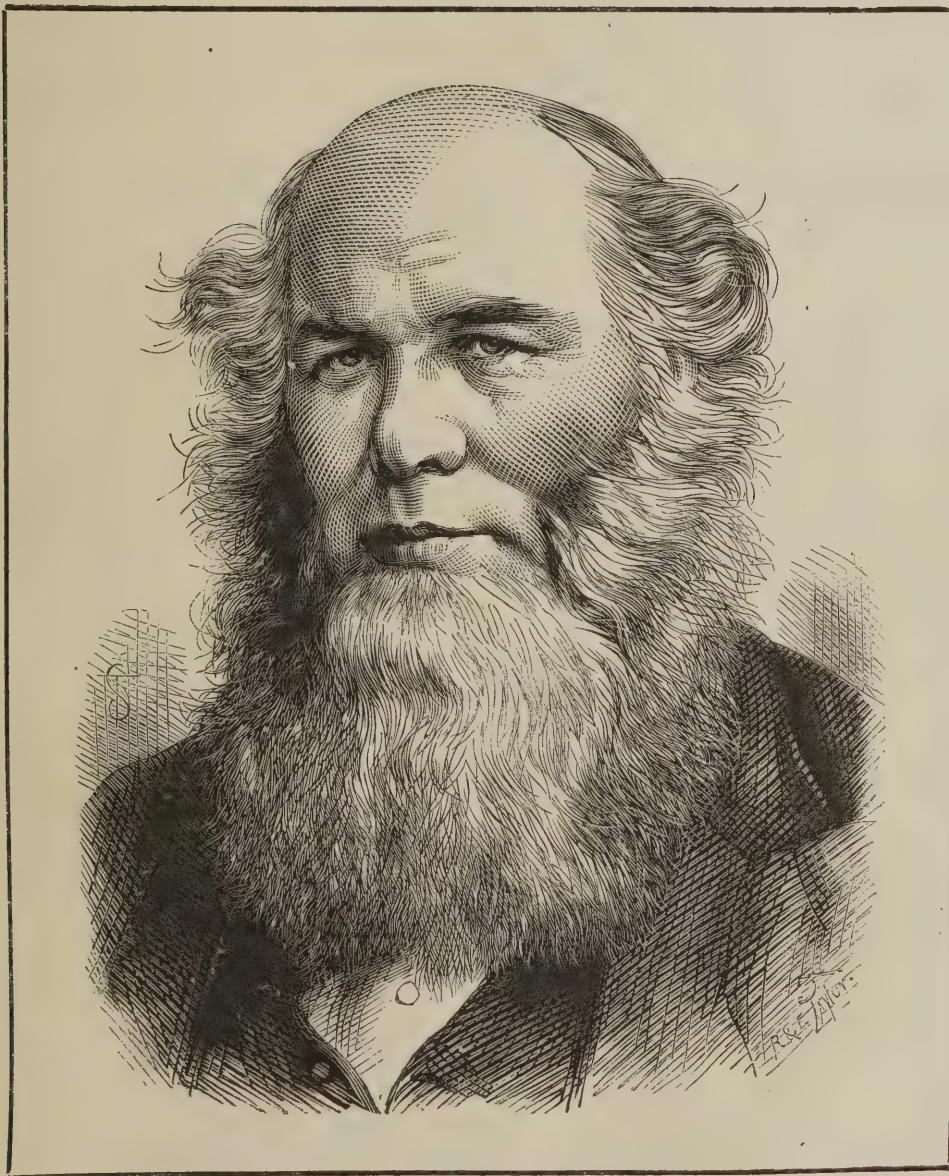
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BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 42, Vol. II.]

SATURDAY, NOVEMBER 8TH, 1879.

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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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JABEZ INWARDS, ESQ.

SANITARY and social reformers unite in ascribing many of the evils afflicting the masses to intemperance. By a general consensus of opinion alcohol is pronounced to be not merely valueless as an article of diet, but the occasion of mischief physically, morally, socially, and even politically. It was not always so, however. A generation ago it was the exception to find a medical man of eminence, or an acknowledged scientist, teaching that alcohol was pernicious or perilous in itself. Those who took that view were regarded as 'extremests,' 'men of one idea,' or 'fanatics.' At that time Charles Dickens ridiculed those who practised and taught total abstinence from alcohol, describing them as 'whole hogs.' That the palpable change in public sentiment is due to the earnestness and fidelity of the once despised teachers and advocates of temperance is too obvious to be questioned.

Amongst these, for his long term of service in the movement, for his boldness of advocacy, for his natural eloquence as a speaker, and for his commanding presence, Mr. Jabez Inwards has been, and still is, a prominent figure. Acquiring popularity as a temperance lecturer in the early days of the reform, he has maintained, if not increased, his reputation as a speaker by his subsequent labours. Mr. Inwards makes no compromise with the enemy—drink; but denounces its manufacture and use in the strongest terms. Indeed, his audiences cannot fail to be impressed with the fact that he is terribly in earnest. With him teetotalism is not a jest or a pastime, but a principle capable of raising the drink-victim from his degradation, and, if generally adopted by the community, of changing the whole aspect of society.

In a short autobiographical sketch, contributed some years ago to the *Western Temperance Herald*, Mr. Inwards says: 'I was born in 1817, and for the first twenty-one years of my life was what is termed a very moderate drinker.' He tells us that having signed the pledge at Dunstable in 1838, his 'first attempt to speak was in a house opposite the town hall' of that town. His first lecture was delivered 'on the memorable day when our good Queen was married.' Mr. Inwards has visited most of the principal towns in the United Kingdom,

besides hundreds of villages, and his converts are scattered all over the country.

Although mainly devoted to the advocacy of temperance, Mr. Inwards has lectured extensively on other topics. Among the subjects so treated by him are 'Sacred and Secular Poetry,' 'Wit, Knowledge, and Wisdom,' 'The Popular Facts of Astronomy,' 'Public Speaking,' etc., etc. As a preacher, too, Mr. Inwards is deservedly popular, and it is a matter of regret amongst his friends that he is not oftener so employed.

Mr. Inwards has been a large contributor to periodical literature, and several volumes from his pen have been published, his latest work being 'Memorials of Temperance Workers,' recently published, and noticed by us last month.

The genial face of Mr. Inwards will be welcome to many of our readers as that of an old friend, while those who are not in agreement with him upon the temperance question will accord to him the tribute due to every earnest man who devotes himself to the elevation of the people.



HYGIENE.

THE SANITARY CONGRESS AT CROYDON.

TUESDAY, OCT. 21ST.

THE Annual Sanitary Congress was opened at 1 p.m. by a public luncheon; at 3 p.m. the exhibition was opened by Wm. Drummond, Esq., Chairman of the Croydon Local Board of Health; at 8 p.m. the first general meeting of the Congress was held, when its President, Dr. B. W. Richardson, delivered the address reported by us last week.

WEDNESDAY, 22ND.

At 10 a.m. Dr. Alfred Carpenter, President of Section I. delivered an address upon 'Sanitary Science and Preventive Medicine,' which we hope to quote from in our next issue.

Papers were read during the day by the following gentlemen: BURDETT, H. C., Esq., Seamen's Hospital, Greenwich.—The Educational Value of Cottage Hospitals and their Influence on General Hygiene.

CHADWICK, E., Esq., C.B.—Normal of Sanitation as Evidenced by the North Surrey District Schools, Anerley.

NICHOLS, F., Esq.—Infant Mortality.

OGLE, W., Esq., M.D., F.R.C.P., Derby.—Nurses: how to make them: how to employ them: how to pay them.

STRONG, H. J., Esq., M.D., Croydon.—The Necessity of Pure Air in Living and Sleeping Rooms.

PROFESSOR DE CHAUMONT, M.D., F.R.S.—Some Points with reference to Drinking Water.

SWETE, HORACE, Esq., M.D. (C.S.S. CAMB.).—Interpretation of Water Analysis for Drinking Purposes.

KERR, NORMAN, Esq., M.D., London.—The Mortality from Alcohol a Preventive Mortality.

RIDGE, B., Esq., M.D., London.—The Relation of Alcohol to Bad Sanitation.

VACHER, F., Esq., Med. Officer of Health, Birkenhead.—On Common Lodging-House Accommodation.

KINGSETTE, F. C., Esq., F.C.S.—Nature's Hygiene.

BIRD, PETER HINCKES, Esq., F.R.C.S. (C.S.S. CAMB.), London.—On Simplicity, Common Sense, and Intelligent Supervision in Sanitary Appliances.

FRANCIS, C. R., Esq., late Surgeon-General H.M. Indian Army.—On the Prevention of Plague.

LEWIS, Mrs. AMELIA.—Influence of Food in the Development of Character and in the Maintenance of Vitality.

WYATT-EDGEELL, Rev. E.—Some Remarks on Hereditary Influence.

In the evening a conversazione was held in the Public Hall, where Dr. and Mrs. Carpenter received and entertained the guests.

THURSDAY, 23RD.

Captain Douglas Galton, President of Section II., delivered an address at 10 a.m.

During the day papers were read as follows :

DENTON, J. BAILEY, C.E.—Remarks on Four Points in Sanitary Engineering bearing directly on Public Health.

EASSIE, W., Esq., C.E.—Remarks on the Danger of Bad Plumbing.

SCOTT, Major-Gen. H. Y. D., R.E.—Improvement of Sewage Irrigation.

LIERNUR, Capt.—The Double-Conduit System: Embracing the Pneumatic System for Fæcal Matter, and Town Sewerage for Slop and Street Water.

DENHAM, W. HEMPSON, Esq.—Sanitation and Sewage.

BARTLETT, Dr. H. C.—The Chemical and Physiological Aspect of Ventilation Popularly Considered.

HENDERSON, C., Esq.—Results of Experiments in Warming and Ventilating Buildings.

STEPHENS, H. C., Esq.—Ventilation.

ELLISON, J. E., Esq.—Ventilation of Buildings.

TURNER, ERNEST, Esq., F.R.I.B.A.—Sanitary Improvements in Hospitals.

BALBIRNIE, Dr.—Scientific Quarters for British Soldiers.

In the evening a lecture was delivered by Professor Corfield on 'Sanitary Fallacies,' which we hope to find space for in subsequent issues.

FRIDAY, 24TH.

Professor Symons, President of Section III., delivered an address.

The following papers were read during the day :

HAVILAND, A., Esq.—Geology.

LUCAS, J., Esq., F.G.S.—The Quantitative Elements in Hydrogeology.

KINSEY, W. BARNS, Esq.—Particulars of Artesian Well at Thames Haven.

PORTER, T. H.—The Softening and Purification of Water by the Process of the late Professor Clark.

WALLIS, H. SOWERBY, F.M.S.—Rain collected from Roofs considered as a Domestic Water Supply.

CORDEN, Mr. G.—Influence of Weather on Disease.

BARTLETT, Dr. H. C.—Local Meteorology.

STANLEY, W. F., Esq.—Conditions of the Water Supply of Croydon in relation to its Rainfall and Geology; with Suggestions for its Sanitary and Profitable Improvement.

In the evening a dinner took place at the Crown Hotel, when Dr. B. W. Richardson presided.

Saturday, October 25th, was occupied in excursions.

It is further announced that a public meeting will be held in the Large Hall to-day, Saturday, November 8th, at 8 p.m., Benjamin W. Richardson, M.D., LL.D., F.R.S., President, in the chair. Addresses will be delivered on the following subjects :

The PRESIDENT.—Health at Home.

GALTON, Capt. DOUGLAS, C.B., R.E., F.R.S.—Health and Good Air.

DE CHAUMONT, Prof., M.D., F.R.S.—Health and Good Food.

CORFIELD, Prof., M.D., Oxon.—Mistakes about Health.

SYMONS, G. J., F.R.S.—Health and Good Water.

CHADWICK, EDWIN, C.B.—Health in the Young.

CARPENTER, ALFRED, M.D.—Lessons Taught by the Exhibition.

The addresses are announced to occupy fifteen minutes each. The judges' report of the awards of the exhibition will be presented, and summary remarks will be made by Dr. Strong and Dr. Lory Marsh.

RECREATION AND REST.

CHILDREN should not be allowed to weary themselves in their daily duties or their recreation. Repose will be necessary to the full vigour in both. And when sitting or standing, attention should be paid to the postures of the children. Habits of stooping or lounging are very easily acquired, and disfigure and injure the body. Perhaps no recreation is more popular with young people than *gardening*, and the pleasures it yields are so many and so pure, the habits of order, neatness, observation, and restraint, are so easily cultivated, that any home for children with a garden attached to it becomes of double value. And even where, as in large towns, the limited home space makes out-of-door gardening impossible, much may be done by window floriculture. We think that schoolmasters in towns might add much to the attractiveness and usefulness of their school premises in this way, even in the crowded city or town schools. *Music* is not merely a luxury, as too many suppose; singing, especially, is of great importance in the work of education. It favours the play of the lungs, and strengthens the muscles of the chest and throat. A distinguished London physician declared that singing would save the lives of many who are becoming victims of consumption, and he generally recommended to those patients who came to him in the earlier stages of this dire disease, a regular course of exercise in vocal music. The improvement in the tones of the voice, through increased flexibility, the clearer intonation and articulation which generally mark good singers, and still further, the aid to cheerfulness and contentment of mind, are further advantages of musical culture. *Drawing, painting*, and similar art work, will always have their value in training the eye and the hand, in fostering taste, and yielding a pure and most tranquillising pleasure. We have known a successful business man, who valued one of his pictures at a

sum which seemed ridiculously above its worth, declare that it was worth that and more to him for the calm, restful pleasure and benefit he derived from it when worn and weary.

If the physical education of our children had no other object than that of securing their good health, and developing their physical powers, it would surely be of immeasurable importance; but when we think of the wonderful mechanism of the body, of the close connection between its condition and that of the higher part of a child's complex being, and then remember that the healthfulness and vigour of these powers will constitute their chief resource and surest means of subsistence and of progress in the future, we dare not neglect our duty to our children, or withhold from them the benefits of a careful physical training.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(Continued from page 213.)

'MILK FOR BABES.'

CHAPTER V.

WET-NURSING.

IN the previous chapter some of the reasons have been stated which justify, and even demand that the mother should discontinue suckling, it therefore becomes a matter of serious importance to determine the best course to adopt with the child. Wet-nursing is surrounded with difficulties and dangers. The first thought that occurs to an impartial mind is the question of how far it is justifiable for one woman to sell her milk, and thus deprive her own child of its natural food, which deprivation may engender ill-health, disease, or even death, in order to save the life of another woman's child, and that for a pecuniary consideration. Further, there must be some compunction felt by those who purchase the privilege of having their child fed at the cost of the life of another. There are children who inherit such delicate constitutions, or become so feeble, that nothing short of a good wet-nurse that can supply vital milk can save them. The parents naturally require that their child should be rescued at any sacrifice. Consequently an endeavour is made to find an irreproachable wet-nurse, and when obtained, the infant which appeared dead immediately begins to revive, and afterwards continues to thrive. This fact will be borne out by the experience of those who have devoted much attention to, or had experience in the diseases of infancy. Under such circumstances as these it may be right to rush to the assistance of the weak and dying child, and leave the strong and robust infant to other nurture. There are some wet-nurses who possess such a vigorous and healthy constitution that they are enabled to suckle both their own and foster-child. This is often done in country districts, and with good results, all three appearing to thrive, and this may be accounted for by a consideration of the woman's surroundings. She has plenty of

fresh air, plain food, sufficient employment, and does not suffer from that depression of spirits and maternal anxiety which inevitably follow those who quit their home, be it ever so humble.

The dangers that attend wet-nursing are those dependent on the constitution and habits of the nurse. Single women, from the peculiar circumstances by which they become mothers, are liable to hereditary taint. This is a very serious objection, because the disease can be conveyed by the milk to the infant. Where it is possible, much less risk is incurred by securing the services of a married woman, especially if she have brought up healthy children of her own. In the selection of a wet-nurse, several matters of importance must be considered. The physical qualifications of wet-nurses should be determined by the medical attendant. It is advisable that the nurse should be about the same age as the mother, in order that the milk may differ as little as possible from that secreted by the mother. It is generally believed that dark-complexioned women make the best nurses. This is not altogether based on the popular prejudice against red hair, or light, sandy complexions. From analyses of milk obtained from brunettes, nearly double the amount of cheese-albumen (*caseine*) was found to be present, as compared with the milk obtained from blondes, also that there was half more butter, and a sixth more sugar. The number of analyses recorded are not sufficient to establish this as an invariable result. As the question of quality and quantity of milk in the human subject is liable to so many influences, partly constitutional, and partly social and domestic, it is not to be wondered that exact data on this matter have not yet been ascertained. In this present state of knowledge we must be content to accept the consensus of opinion in this matter, and select a dark-complexioned nurse when practicable. She should possess a vigorous constitution, have good teeth, a good figure, well-developed breasts and nipples, and last but not least, she should not suffer from the presence of her catamenia during lactation. The temper, as it materially affects the milk, is a very important matter. The nurse should possess a cheerful and equable disposition. With respect to the diet of the wet-nurse, it should be based on the same principles as previously indicated for the suckling mother. *Plain food, fresh air, exercise, and temperance, are essential conditions for promoting healthy nursing.* Poor women who have hitherto had a barely sufficient diet, when suddenly placed in the midst of luxurious plenty, are apt to over-eat, and oftentimes drink a great deal more than is good for either themselves or the children they are nursing. It frequently happens that a wet-nurse has plenty of good milk, and her own child does well on it, but when she goes out nursing, it is found that she is neither able to supply quantity nor quality of milk for her nursing. The mother, anxious for her child, and believing that the lack of milk is due to want of food or stimulants, or both, proceeds to aggravate the evil by stuffing the nurse, the result of which is that the milk, instead of being enriched, is depraved by increasing the proper proportion of the solids, and charging it with extractive or excretory matters which ought to be present in only very small quantities. Instead of the nurse having to perform the active duties she has been accustomed to, she settles down into an eating, drinking, sleeping, and suckling-machine. The want of fresh air, exercise, and temperance in both food and drink, all tend to the production of a milk which may be simply poisonous to the child.

In my capacity as medical officer in Marylebone, London, I was particularly desirous of calling attention to the waste of infant life, and took an active part with others in endeavouring to enlighten public opinion on the subject. While there, I devised a plan for utilising mother's milk, by keeping a register of all those who lost their suckling children. If this plan were adopted in crowded and populous centres, much might be done in saving infant life. When a mother has lost her own child, she can, by taking another to nurse, not only do a positive good to her foster child, but also partly assuage her own grief by having her attention diverted. Her affections entwine themselves around the child at her bosom, until she comes to regard it as her own. Under these conditions, wet-nursing entails no misery, and is a decided benefit.

It is also necessary, in the case of delicate children, to bear in mind the changes that occur in the relative constituents of the milk during the continuation of lactation. As the child grows the milk alters, and is found to contain more cheese (cheese-albumen), the salts are more abundant, and the sugar is lessened. This is to meet the requirements of increased tissue growth. *Hence the practical rule to see that the age of the nurse's child is about the same age as the one she is engaged to suckle.* The question of either the selection or approval ought very properly to be left to the medical man. From the nature of things, he is best qualified to discover anything that might prove detrimental to the child, and to give a decided opinion as to the quantity and quality of the milk. If the reasons for the mother requiring a wet-nurse for her infant are due to constitutional delicacy, the medical attendant is the best fitted to select a nurse whose physical constitution will tend to counteract such inherited debility, by providing one in which the deficiencies in the mother will be amply compensated for by the nurse, and thus the child will be saved from the injurious influences that would arise from maternal suckling. *The employment of a wet-nurse relieves the mother only of the duty of supplying food.* A mother's constant care and watchfulness are necessary for the well-being of her child. The important questions of air, exercise, and cleanliness, as affecting both nurse and child, must be made under the supervision of the mother, if the best results of wet-nursing, without the evils usually attending it, are to be obtained. The administration of drugs to children, whether they be sedatives or purgatives, by nurses, cannot be too strongly deprecated. No medicine should be given unless specially prescribed. The prevalent idea of giving some 'simple remedy,' and, if the child grows worse, then to ask advice, is both wrong and foolish. Many children are made ill by 'simple remedies,' and not a few are poisoned; the rule being, that a child properly fed seldom or ever requires medicine, and when it does, then its delicate structures ought not to be tampered with by those who, in consequence of their ignorance, are ever ready to recommend some drug that suited somebody's child. Truly, 'fools rush in where angels fear to tread.' May the time be not far distant when intelligent parents will see the wisdom of consulting their medical attendants as to the best course of treatment to pursue in order to preserve the health of their children, rather than hurriedly send for the doctor to cure what might have been prevented.

(Commenced in No. 33.—To be continued.)

DISCUSSION ON FOOD.

'If,' said Dr. Norman Kerr, 'the people of Britain insisted upon becoming teetotalers, and went on to add vegetarianism to their teetotalism, then he must bid farewell to

many comforts and luxuries which he now enjoys, for disease would be very greatly diminished, life would be prolonged, and it would take ten doctors to make one substantial medico, with a spare sovereign in his pocket and a respectable account at a bank.'

On Thursday evening last, the 6th, at the Franklin Hall, Castle Street, Oxford Street, a discussion on food was held, to which the public were admitted free. These discussions are held on the first and third Thursday in each month, the object being to attain, by means of debate, the truth as regards food in its relation to drunkenness, disease, health, and economy.

LIVING ON FIVEPENCE A DAY.

THE following letter recounting an experiment in cheap and healthy living, is taken from the *North British Daily Mail* of the 6th ult. :

'Sir,—

'On Monday, 8th September, I was weighed in presence of a medical friend, and commenced to live on a purely vegetable diet, the term appointed for the trial being four weeks, and the test to be the weight of the body and the condition of health at the expiration of the term.

'Thinking I might at the same time test the difference in cost, I kept a note of my food purchases, and am thus able to give the pecuniary result, as well as the physical. The articles employed during the month were as follows: Oatmeal, peameal, lentils, cabbages, turnips, carrots, potatoes, beans, peas, onions, leeks, barley, rice, hominy, sago, tapioca, bread, butter, cheese, tea, coffee, milk, fruit, jams, and jellies; and the above varieties are capable of being used in so many different ways that one wonders after a little why such delicacies have so seldom enriched the table in times gone by. At the end of the first two weeks I was again put upon the scales, when it was found I had gained $3\frac{1}{4}$ lbs. in weight; and, at the end of the stipulated month (to-day), the new diet had increased the weight of my body by six pounds, while the total outlay for the month's food has only been twelve shillings and sixpence, or an average of fivepence per day for thirty days. It is not my intention to dogmatise upon this result; I simply give it, and those who doubt can take the common-sense course of arming themselves with a cookery-book and following my example. Whether or not Mr. Ward Gibson's glowing and enthusiastic promises of increased health, strength, and immunity from special diseases to all those who join the ranks of vegetarianism are realisable, it is at least true that any healthy persons can sustain themselves with relishable food, build up their body, and rapidly increase their normal weight, without the aid of an expensive flesh diet, and for fivepence per day. This simple truth should influence all those with a limited income and heavy domestic responsibilities, and induce them to avail themselves of the undoubted benefit it holds out to them.

'I am, etc.,

'Govan, 7th October.'

'WILL DICKSON.

HOW TO SELECT EGGS FOR SETTING.—Dr. Embleton, in an interesting paper on eggs, makes the following important statement: 'My nephew informs me, that if you hold the round end of an egg to a lighted candle in a dark room, you will observe the air-cavity to be sometimes exactly at the end, and sometimes on one side of the end. Those eggs that have the cavity at the end are female eggs, and those having the cavity on one side are male. I gathered this information from the *Journal of Horticulture* about two years ago. We always act on this information in selecting our eggs for setting, and seldom find it fail.'—*Leisure Hour.*

THE ORGAN-GRINDER'S HOME.

THE *Lancet*, in a special report on the Italian colony living at Saffron Hill, describes a number of houses inhabited by organ-grinders and penny-ice men. Overcrowding and the intermingling of the sexes seems to be the general rule. Every room containing about 1000 cubic feet had three double beds in it, and perhaps a crib for one or two children. In one small room visited there were four beds, the first containing a man and wife, the second another man and wife, the third bed held a young unmarried woman, while in the fourth bed there were two English girls, formerly domestic servants, and aged respectively 17 and 16 years. These English girls were in the habit of going out dressed as Italians with piano-organs; and, though they complained that their receipts had of late greatly fallen off, they did not seem in any way dissatisfied with their present mode of life. The intermingling of sexes was not denied, nor did the persons who lived indiscriminately together in the same room profess to be related. The dirt in these dwellings is appalling, and one house had not even been swept for two years. There were no basins, no towels, no means by which the organ-grinders who lived there could wash themselves. In one house, where several inhabitants had suffered from measles, six persons were found living in a small room. They had just been making some macaroni. The paste, still moist, was stretched out to dry over the most repulsive and disgusting bedding; the atmosphere was fetid, the room dark, and everything around dirty. A cellar dwelling, where an English organ-woman and her Italian husband live together, is also described as totally unfit for habitation, and rendered more dangerous by the adjoining back basement. 'This was a sort of wash-house, where the tub receiving the water supply leaked so as to convert the floor into a veritable quagmire, the slush being a mixture of dirt and mud, with the rotting refuse of the eggs used for ices, soap-suds from the washing of linen, vegetable and household refuse. As each flagstone tilted up when trod upon, it emitted from underneath effluvia which accentuated the surrounding bad odours.' Finally, the *Lancet* concludes its description of this quarter by stating that 'many cases of infectious disease escape notice; dirt is not removed; the houses are in a ruinous, crumbling condition; people are allowed to sleep underground or under roofs that do not exclude the rain. A local practitioner assured us that on one occasion he had to open his umbrella while going upstairs to visit an Italian; and, finally, the milk, the eggs, the corn-flour mixtures, etc., used to make penny ices, are left standing in the foulest dens, where they must absorb the noxious gases that infect the atmosphere, and where they are boiled and mixed in the same saucepans and cauldrons in which the Italians scald and wash their dirty linen. It is to be hoped that the freezing process may kill the germs of disease which must thus be occasionally present in the milk used for ices, but the idea is not appetising, and the prospect somewhat uncertain; in short, the entire moral, social, and sanitary condition of this Italian colony calls for immediate reform.'—*Times*.

THE PROPOSED PARK FOR PADDINGTON AND THE QUEEN'S PARK ESTATE.

It rests with the Metropolitan Board of Works whether or not Paddington is to have a park. The close proximity of Hyde Park to some parts of Paddington is likely to have a prejudicial effect on the strong claim presented by those who are promoting the scheme; but the parish is a large one, and some parts of it are very thickly populated by the working classes. Sir Thomas Chambers, M.P., headed a deputation on the subject to the Board of Works on Friday last, and in stating the case the learned gentleman said:

'When there was an opportunity of securing an open space in a populous neighbourhood, it should not be lost. If this space was covered with buildings, it was impossible that it could be cleared again for the purpose designed by the memorialists. There was a very large population in the neighbourhood of the site of the proposed park, and there was no garden or place of recreation available for the children of the locality. Other parts of the metropolis were well provided with parks. Nothing could be a more graceful act on the part of the Board than to direct the laying out of a park as suggested. Scarcely any argument would be required that the Board should receive the proposition favourably.'

The proposed park is near to the Queen's Park Estate, which, although in another parish, materially strengthens the case of those who are endeavouring to secure an additional lung for the district. When that estate is completed, there will be something over 2,000 houses upon it, with no recreation ground or open space. As at the Shaftesbury Park Estate, it was originally proposed to devote two or three acres of ground to this purpose; but the present Board have decided otherwise, and every available inch is to be covered with miniature houses, the rooms in which are so small as to make ventilation without draught an impossibility. This being the case, the need of an open space for the inhabitants is urgent and unquestionable; and, as the directors have decided that ground-rents are of more importance than hygienic considerations, we trust the endeavour to procure a public park for Paddington will be successful.

THE NATIONAL THRIFT SOCIETY.

The following resolution was adopted at a recent meeting of the National Thrift Society:

'That it having been suggested that the society should give three prizes for the best essay on "The value and importance of Thrift as a national habit," and this appearing to the committee to be a valuable medium for extending the views and objects of the society, that a special fund of fifty guineas be raised for the purpose, and that the offer of Messrs. Partridge and Co. to publish such a pamphlet be accepted with thanks.'

TRAVELLING STONES.—Many have doubtless heard of the famous travelling stones of Australia. Similar curiosities have recently been found in Nevada, which are described as almost perfectly round, the majority of them are as large as a walnut, and of an irony nature. When distributed about on the floor, table, or other level surface within two or three feet of each other, they immediately begin travelling toward a common centre, and there lie huddled up in a bunch like a lot of eggs in a nest. A single stone, removed to a distance of three and a half feet, upon being released, at once started off with wonderful and somewhat comical celerity to join its fellows; taken away four or five feet, it remained motionless. They are found in a region comparatively level and nothing but bare rock. Scattered over this barren region are little basins, from a few feet to a rod or two in diameter, and it is in the bottom of these that the rolling stones are found. They are from the size of a pea to five or six inches in diameter. The cause of these stones rolling together is doubtless to be found in the material of which they are composed, which appears to be loadstone, or magnetic iron ore.—*American Paper*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is not responsible for the opinions or sentiments expressed in signed articles.

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Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.



LONDON: NOVEMBER 8th, 1879.

THE WATER SUPPLY OF LONDON.

IN a recent number of *House and Home* we inserted an article on 'Old London Water Supply,' borrowed from the *Journal of the Society of Arts*. That article gives a condensed and instructive history of the rise of what may be called the London water supply, and finishes by citing the dates of the formation of many of the London water companies. It will be seen that the supply of water to the population for domestic and trade purposes has been a subject of inquiry and action for a few centuries; but it would occupy a volume to give a description of what has been effected by private enterprise. Unlike the provisions of ancient Rome, the water supply being the work of the imperial government, the supply of water for public and private purposes in London has been left to the sense of duty of private citizens, or the desire for gain of the capitalist. The condition of things might not have been better had Parliament adopted a scheme of water supply for the chief city of the empire, but it is not conceivable that it could have been worse. The present supply is anything but satisfactory, and private enterprise has signally failed to keep pace with the public requirements. There are various methods of accounting for it, but the main cause must be that of leaving in the hands of monopolists—a monopoly assisted by numerous Acts of Parliament—the supply of one of the first necessities of life. This, as a matter of course, shuts out competition; and it is no libel or offence against any class of monopolists to say that they seek to give permanence to that monopoly, and to obtain during its existence as much profit as possible. The interest of the consumer, in their view, is secondary; and it is no uncommon thing for directors and shareholders to mistake the means to an end, and do injury to their customers without bringing benefit

to themselves. Much of the conduct of the London companies is of this character. They have not only not adopted, but they have opposed improvements which would have benefited the public and brought advantage to themselves, and have thereby strengthened the appeal which is loud and strong against them.

During the last thirty years several inquiries by Royal Commissions and Parliamentary Committees have been made, and they have been conducted by able men, but the result as yet has been nothing more than to show the shortcomings and evils of the present system. On this all parties outside the water companies are agreed. It is universally felt that the water supply is unworthy a great metropolis, that it is deficient in both quality and quantity, and that its management and its machinery are much behind the age. But on the application of a remedy there is much difference of opinion. Rival schemes are before us, and a number of claimants clamour to be heard. In a city where there is a disjointed municipal government, or rather a congeries of small governments, with an almost irresponsible federal head, it is no easy matter to decide into whose hands the management of the water supply should be committed, if London were to follow the example of Manchester and Glasgow and obtain power to buy up the existing companies.

Some contend for the appointment of a commission, others stoutly contend that the powers should be vested in the Metropolitan Board, and others are disposed to wait for any material change until a reform is made in the local government of the metropolis. In the meantime the interests of the public are left out in the cold, and very little is done in the way of improvement; and for some time, we fear, this will go on. London is of all places the most difficult to move on any great social question. It is an agglomeration of large cities, knowing no more of each other than if they were as distant as Birmingham, or Leeds, or Liverpool. Hence the difficulty of dealing with any question that affects the whole.

This is much to be regretted. We cannot but feel that if the well-to-do and more opulent classes would look the system fairly in the face, they would not rest until it was reformed. The supply of water is essential to comfort, to cleanliness, and to health. There is no more powerful agent in the production of diseases of the zymotic class than impure water. The first act of any vigilant local board is to examine the wells, and if there is any impurity, to have them closed. The cesspool system, which in our suburban districts has superseded the privy, has brought contamination to many of our sources of water supply, and instances are numerous where typhoid fevers, running through whole neighbourhoods, have been traced to the fouling of wells and streams. Without an abundant supply of water cleanliness is impossible, and impure water is the enemy of health. What are the sources of supply in London? Most of the water is brought from the Thames and from the River Lea, and notwithstanding all that has been done to purify these rivers, they are even now the receptacles of masses of abominations. No system of filtration can bring such water to a standard of purity; and the poorer classes have not the knowledge, nor the time, nor the means to apply household filtration. Besides this, the intermittent system of supply—that is, a supply during certain of the twenty-four hours—renders a large amount of cisterns indispensable. The water

becomes contaminated in the cisterns. The cisterns are in very few instances cleaned out at any time, and in some of them there are the accumulated deposits of years. We have tested the water in many cases by drawing a gallon from the pipe supplying the cistern, and another from the cistern itself. In the first case the water was safe and fit for potable uses, in the other it was offensive to the smell and to the taste. How are the poorer classes, engaged in a struggle for subsistence, to deal with this evil. There is a gross want of knowledge in all classes on sanitary subjects, and how are we to expect the humblest to possess it? They suffer the most. There is no reason why the metropolis should not be supplied on the constant supply system—and this would render cisterns unnecessary. We are aware that a loud outcry is raised by the companies against constant supply, on account of its alleged enormous cost, and of the waste which is inevitable. If these objections have any ground at all, it is the slightest. It has been found, in very large communities, that the constant supply is perfectly practicable, that it is more manageable and much more economical on the part of the authorities.

Exaggerated statements have also been made as to the expense of fittings, equally groundless with other objections. This is an old story. No proposal for improvement was ever made but it had to encounter the same kind of opposition from those who had vested interests, and, moreover, it has to meet that negative opposition which is equally powerful—the apathy and indifference of society at large. No valid argument can be found against a constant supply.

We observe that a meeting was held within a few days at the house of Cardinal Manning, with the view of promoting reforms in the water supply. Cardinal Manning has manifested great interest in the subject, and his personal knowledge will enable him to speak as to the privations of the humbler classes. It affects all classes, but the more helpless are those who have to earn their daily bread. It is not in the power of any government or any body of men to carry comfort and plenty to these classes, as that depends much upon themselves, but it is in the power of the state to remove the evils which flow from bad drainage, imperfect ventilation, and a defective and scanty water supply. Bad sanitary arrangements originate disease and tend to augment the numbers of the dangerous, the vagrant, the pauper, and the criminal classes; and thus the classes who live in good houses and in the midst of abundance have the penalty to pay for long continued neglect in increased poor rates, and in the cost of crime, and the risks from contagious diseases.

At the moment of writing we observe a paragraph in the *Times* of October 20, 'The Organ-Grinders' Home,' which describes a state of things sufficient to breed pestilence in a crowded district. In another part of this number we quote that description.

Religion can have no more beneficent object in regard to the secular interests of mankind, than that of promoting sound sanitary measures, of which a good and cheap and abundant water supply is one of the most essential.

To pass our time in the study of the sciences has in all ages been reckoned one of the most dignified of human occupations.—*Brougham*.

CURRENT OPINIONS AND EVENTS.

IN connection with the City Guilds of London Institute, Professor Ayrton delivered an inaugural lecture on Saturday last. In the course of his address, the professor said:

'We were being gradually undersold in those productions which depended, not on pasture lands, or on climate—in which America had some advantage over this country—but on the use of labour-saving machinery, the result of human ingenuity. The Clerkenwell mechanic saw, with no feeling of national pride, the American machine-made watches pressing on his heels in the march of time. Many of our mechanical industries were being absorbed by the Continent and by America. And what about those devices in which machinery replaced the old, cumbersome, and uneconomical hand labour—the sewing-machine, the type-writer for clear and rapid correspondence, the electric pen for superseding lithography, systems of telegraphy for multiplying the carrying capacity of a telegraph line, and the telephone? Not only did these come from America, but it was in that country they all sprang into existence. What England required was not cheaper labour, but smaller cost of production, which was *not* incompatible with higher wages.'

Prince Teck has acceded to an invitation, addressed to him by Mr. John Orrell Lever, to become president of a new council of administration to be formed to take charge of the Crystal Palace. Mr. Lever promises for his scheme that it will 'restore the prestige and utility' of the Palace, and, at the same time, remunerative dividends are guaranteed to the share and debenture holders.

The Lambeth Baths meetings were recommenced for the season on Saturday last, when Alderman Sir J. C. Lawrence, Mr. George Livesey, and the Revs. Newman Hall, G. M. Murphy, and G. W. McCree took part in the proceedings.

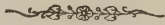
Considerable discussion has been created by Dr. Richardson's sketch of 'Salutland and its Inhabitants.' The *Daily News*, in its article, not only failed to appreciate the effort, but altogether missed the doctor's meaning. The following paragraph, from the *Salem Register* (Boston, Mass.) of October 14th, may prove useful to those of our readers interested in human longevity:

'The 104th birthday of Mrs. Lucinda Swain Parker was very pleasantly commemorated at her residence in North Reading last Sunday. She was born in what is now Wakefield, Oct. 12, 1775. She appears no older now than many who are thirty or forty years younger. What a long life!'

Speaking recently at Burnley, Mr. William Hoyle, the temperance statistician, said:

'During the last six years—from 1873 to 1878—they had spent in the United Kingdom £855,719,269: about 70 millions more than the entire National Debt they had swallowed down their throats during the last six years. During the past four years the money value of their export trade had been £815,847,146, so that in six years they had swallowed £50,000,000 more in value of drink than the total in value of four years of foreign trade. Was it any wonder that trade was bad under such circumstances? Admitting that there was any use in it, would any one say that there was not a great excess of intemperance? When they had 203,000 drunkards apprehended, and 700,000 drunkards in the land; when they had some 600,000 or 700,000 criminals brought yearly before their magisterial courts, and the justices were unanimous in saying that they were there through drink, was there not a great and

alarming excess? Referring to over-production, which some said was the cause of bad trade, he held that it was impossible. There might be departmental instances of over-production, but until every back was well clad, and every home was well furnished—until every man lived in a comfortable home, and had a balance at his bankers—until all that came to pass, there could not be any over-production. The exports of cotton cloth had increased seven or eight per cent. since the year 1871-2, and therefore it was not a foreign trade in the case of cotton that had caused depression. What was it, then? For the three years ending 1861, the home consumption of cotton was 495,000,000lbs., and for the three years ending 1878 it had fallen off to 395,000,000 lbs. It had fallen off 100,000lbs., or 20 per cent., the population in the meantime having increased 18 per cent. Had the drink bill fallen off? For the three years ending 1860 they spent £267,000,000, but for the three years ending 1878 they expended £431,000,000—cotton goods down over 20 per cent., drink up over 60 per cent. The money that should go to buy their cotton goods went into the pockets of the publicans."



TEETOTALISM FIFTY YEARS AGO.

A Temperance Jubilee having been held this year, we think it not inappropriate to reprint the following article from the pen of the late Miss Brotherton, of Salford. We do so because the article is in advance of the temperance teaching of the time, and, as such, is likely to evoke some interest. It has not been referred to in any of the recent discussions, and has probably been lost sight of. It forms part of an Introduction to 'Vegetable Cookery,' a very valuable work published by Effingham Wilson; and it will be seen from the date affixed to it that it has been published fifty years.

ON THE PERNICIOUS EFFECTS OF INTOXICATING LIQUORS.

Oh, madness! to think use of strongest wines
And strongest drink our chief support of health,
When God, with these forbidden, made choice to rear
His mighty champion, strong above compare,
Whose drink was only from the *liquid brook*.

Milton.

THE numerous and disgusting scenes of drunkenness which we daily behold render it necessary that every effort should be made to stem, if possible, the torrent of this detestable vice; or this once flourishing and happy country will become, ere long, a general scene of poverty, crime, disease, and misery. If intemperance must be patronised, it is quite in vain to erect places of worship, or to expect anything but disappointment in attempting to diffuse religious knowledge among the inhabitants of Britain. The drinking of intoxicating liquors is the root of almost every evil in society; it is the parent of poverty, of diseases of all sorts, of feebleness of body and mind, and at last the drunkard departs from life regretted not even by friends, parents, or brethren. It is also probable that more than half the crimes which bring men to an untimely end are the fruit of *strong drink*. If then all this be true, what a tremendous collection of misery and mischief is to be ascribed to this single cause! Poverty! Disease! Theft! Murder!—Can this be read without concern, or is it possible such depravity should be

seen with indifference? Were murders committed by any other weapons, or were half the number of the families who might otherwise prove useful to the community as easily plunged into vice and ruin by any other means, is it possible that the professed minister of the Gospel, or those who are clothed with civil authority, should be unconcerned spectators of such dreadful and enlarging scenes of wickedness and misery? 'Common humanity would prevent a single murder, and restrain the uplifted arm that would administer one deadly potion, or that aimed a deadly weapon at one innocent at the breast. But what is a single murder, compared to the many thousands that are annually sent out of the world by a *slow* but *sure poison*? And among these, how many unoffending children and helpless babes fall pitiable victims?' In addition to this catalogue of misery, it may be stated as a melancholy fact, that a very great proportion of the cases of *insanity* are caused by excessive drinking. It is high time, therefore, that something should be done: but what must that something be? If the magistracy will do nothing towards even restraining the licentiousness of those nurseries of profligacy and crime, the public-houses; and if Government, in order to increase the revenue, continue to permit the bread of the people to be converted into *poison*, and retailed in those infamous recesses of wickedness, the *dram shops*, what can be done? There remains only one *effectual* way of counteracting this evil, and that is, for all who call themselves Ministers of the Gospel to strike at the *root* of this great sin, by setting an example of *entire abstinence* from every kind of intoxicating liquor, and using all their influence to induce their hearers to do the same; *then, and not till then*, may we expect prosperity, health, and happiness to be enjoyed by the people of this land. They must not suppose that, by their merely recommending *moderation* the evil can now be removed, or even abated; it is the *moderate* drinkers that keep the *immoderate* in countenance;—one says, 'A glass or two will do you good;' another, that 'A bottle now and then will do no man any harm;' and a third contends that he cannot be considered a drunkard who does not get intoxicated more than once a week. So that it is impossible to draw the line, or to say in what *moderation* consists: but if the teachers of religion will show by their example, as well as by precept, that it is not necessary in any degree to drink strong liquor, some good may possibly be effected.

In order to adopt any system, it is desirable to see the practicability of it; in this case it is quite easy, as it requires *no* sacrifice from the young, and very little from those of more mature age. There only wants a *beginning* in the performance. It is the want of resolution to *begin* that prevents the good; for if once we begin in good earnest and from proper motives, we shall find the path so pleasant that we need never turn aside from it. It is very certain that strong liquors of every kind are hateful to the *natural appetite*; for children and young people, when they first taste them, discover all the marks of strong dislike; but by habit this dislike is overcome, and custom becomes a second nature. Sipping leads to drinking, and drinking to the beastly vice of drunkenness. Therefore, a

child ought not to have strong drink presented to it, no more than it ought to have poison presented to it. It should not even see it, and, if possible, not hear of it, and the pernicious beverage ought never to gain admittance to our dwellings.

That intoxicating liquors are quite *unnecessary* to the support of the human body, every medical practitioner of any celebrity will not hesitate to admit; and nobody will deny that they are very expensive; for it is a fact, that one *moderate* dram-drinker consumes as much grain, in *spirits*, as would produce *bread for forty people*.

Some persons imagine that strong liquors are essential to *bodily strength*. This false notion is partly grounded on the idea of a nutritious property in those liquors, and partly, perhaps, on a logical error in using the word *strong*, as being necessarily connected with *strengthening* the animal body. The first notion is entirely wrong, since it is proved by continual evidence, that strong liquors are inimical to animal life throughout the creation, and that no living animal or plant can be supported by such fluids, but that, on the contrary, they all become sickly and perish under their influence. 'I presume,' says Dr. Carlyle, 'that no man would give a lamb, a calf, a chicken, or a duck, spirituous liquors, with a hope of rendering it sooner fat, even if such liquors were so cheap as to make it an economical process; yet many parents do this by their *children*.' The fact is, there is neither strength nor nourishment in spirituous liquors; if they produce vigour in labour, it is of a transient nature, for there always succeeds a sense of weakness and fatigue. 'Look at the horse, with every muscle of his body swelled from morning till night in the plough or the team; does he make signs for spirits to enable him to cleave the earth or climb the hill? No; he requires nothing but cool water and substantial food. It is the same with regard to human beings, and those men are capable of performing the greatest exploits in work, both as to their degree and duration, *who never taste spirituous liquors*.' In confirmation of the above observation, Smollett, in his 'Travels in Italy,' remarks that 'A porter in London quenches his thirst with a draught of strong beer; a porter of Rome or Naples refreshes himself with a slice of water-lemon or a glass of iced water: now it is commonly remarked that beer strengthens as well as refreshes; but the porters of Constantinople, who never drink anything stronger than water, will carry a load of *seven hundred weight*, which is more than any English porter ever attempted to raise.' It should also be recollected that Samson, who is reputed the strongest man that ever lived, was a water-drinker.

Another great and prevailing error is the supposing that *spirituous liquors lessen the effects of cold upon the body*. On the contrary, I maintain, says Dr. B. Rush, that they always render the body more liable to be affected and injured by cold. The temporary warmth they produce is always succeeded by chilliness. If anything besides warm clothing and exercise is necessary to warm the body in cold weather, a plentiful meal of wholesome food is at all times sufficient for that purpose. The people of Lapland do not require strong drink to keep them warm, their drink being only water; and it is remarked by Linnæus that they have very few diseases. We may, therefore, conclude with Hoffman, that 'Water is the fittest drink for all persons of all ages and tempera-

ments. By its fluidity and mildness, it promotes a free and equable circulation of the blood and humours through all the vessels of the body, upon which the due performance of every animal function depends; and hence water-drinkers are not only the most active and nimble, but also the most cheerful and sprightly of all people. In sanguine complexions, water, by diluting the blood, renders the circulation easy and uniform. In the choleric, the coolness of the water restrains the quick motion and intense heat of the humours, It attenuates the glutinous viscosity of the juices of the phlegmatic; and the gross earthiness which prevails in melancholic temperaments. And as to different ages—water is good for children, to make their tenacious milky diet thin and easy to digest; to youth and middle-aged, to sweeten and dissolve any scorbutic acrimony, or sharpness that may be in the humours, by which means pains and obstructions are prevented; and for old people, to moisten and mollify their rigid fibres, and to promote a less difficult circulation through their hard and shrivelled vessels.'

In addition to the above facts and opinions, it may be observed that many alterations take place in the *mind* in consequence of the influences of the bodily organs; and these latter are greatly influenced by the kind of aliment which the body receives. God knows what is in man, and what is best for him; He has, therefore, graciously forbidden in His word, what would injure either body or mind, and commanded what is best calculated to be useful to both. An instance of which we find previously to the birth of Samson; his parents were expressly commanded by the angel of the Lord not to drink wine or strong drink, that he might be filled with the Holy Spirit from his birth; and it is said the Lord blessed him. It is also said of John the Baptist, 'He shall be great in the sight of the Lord, and shall drink neither wine nor strong drink; and he shall be filled with the Holy Spirit, even from his mother's womb.' Now these things, no doubt, are recorded for our use and instruction. Taking, then, into consideration what has been advanced, any rational person must be convinced that the drinking of intoxicating liquor is injurious to both body and mind; that its effects in families are seen to be destructive of all social comfort; and its pernicious influence on the morals of the community is beyond what either the tongue can express or the pen describe. If, then, we value our health, if we wish to enjoy domestic comfort and see our children sober, if we have any regard even for the *temporal* prosperity and happiness of society in general, we shall never again suffer another drop of that baneful liquor to touch our lips. But when we consider that our own *eternal* happiness, and the eternal happiness of millions, is at stake, it being declared in Holy Writ that not only *drunkards* cannot inherit the kingdom of heaven, but that without holiness no man can see the Lord, we must allow that abstinence from those things which are calculated to grieve or quench the Holy Spirit becomes an important *religious* duty. Let us, therefore, humbly desire to live continually under the influence of the glorified Lord and Saviour Jesus Christ, and attend to this apostolic exhortation: 'Whether ye *eat* or *drink*, or whatever ye do, do all to the glory of God.'

Salford, August 22nd, 1829.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,

And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

As there dwells in the thought and fancy and imagination of every artist or more than he can paint on canvas, or carve from marble, or indeed that he can in any way delineate, so also in the mind and brain of every thoughtful man there are thoughts he finds himself unable to express, and conceptions for which he has no words.—*T. Bowden Green.*

Better to have the poet's heart than brain,
Feeling than song; but better far than both,
To be a song, a music of God's making.

George MacDonald.

Sometimes marvellous intimations of the life to come are vouchsafed to little children, as well as older saints, as they stand on the brink of the river of death. A little girl died in a Christian home near us last week. A few hours before she died, she said to the one sitting by her bed: 'I have seen my heavenly home. I have come back a little while.' She could not tell, she said, all she saw, but it was beautiful. She saw 'children, and flowers, and angels.' 'Did you not see Jesus?' inquired the lady. 'He was right in among them,' said the dying child. So death was shorn of all its terror to the young disciple, and dying to her was simply 'going home.'—*Zion's Herald (American).*

Nature a thousand ways complains;
A thousand words express her pains;
But for her laughter has but three,
And very small ones—Ha, ha, he!

Dr. King.

One of the meanest beings on earth is a toady. The bluntest, roughest creature that independence ever made is preferable to a fawning, cringing toady, who, for the sake of money or favour, praises what he detests, flatters without admiring, changes his opinions at a nod, and would lick the dust from the shoes of one in power could he further his own ends thereby.—*Milford Enterprise.*

Who lives to Nature rarely can be poor,
Who lives to Fancy never can be rich.

Young.

Our best and surest road to knowledge is by profiting by the labours of others and making their experience our own.—*Lord Kaimes.*

He that does not know those things which are of use and necessity for him to know, is but an ignorant man, whatever he may know besides.—*Tillotson.*

Whatever difference may appear in the fortunes of mankind, there is, nevertheless, a certain compensation of good and evil which makes them equal.—*Rochefoucauld.*

A man who has that presence of mind which can bring him on the instant all he knows, is worth for action a dozen men who know as much but can only bring it to light slowly.—*Emerson.*

Thinking leads man to knowledge; he may see, and hear, and read, and learn whatever he pleases, and as much as he pleases; he will never know any of it, except that which he has thought over, that which by thinking he has made the property of his mind. Is it then saying too much if I say that man by thinking only becomes truly man? Take away this power from man's life, and what remains?—*Pestalozzi.*

Over his head were the maple buds,
And over the tree was the moon,
And over the moon were the starry studs
That drop from the angels' shoon.

Emerson.

THE HOUSEWIFE'S CORNER.

ROAST FOWL.

Three or four slices of fat bacon, not too thick, may be attached by skewers to your fowl for roasting; it answers all the purpose of larding, and saves the time and trouble required for that operation. The frizzled bacon makes an appropriate garnish for the dish.

CAULIFLOWER.

After trimming the outside leaves, and cutting off the stalk, put them in a panful of salt and water for an hour before cooking. Put three table-spoonfuls of salt into the water in the saucepan, let it boil, and skim it most carefully; put in your vegetable, and allow from fifteen to twenty minutes, according to the size. Remember that those of moderate growth, neither too large nor too small, are always the best.

VEGETABLE SOUP.

Scrape and cut into thin slices four carrots, peel and slice three turnips, chop up three heads of celery, and the hearts of two lettuces; slice a Spanish onion thin. Put these, with half a pound of butter, two table-spoonfuls of salt, and one of black pepper, into a stewpan, set it on a slow fire, stir well to prevent burning; and when the vegetables are nearly warmed through, pour boiling water over them till the pan is filled. Let all boil slowly for three hours and a half, then rub it through a hair-sieve; if properly cooked it should be the thickness of cream, and of a rich yellow colour.

PORTRAITS.

NEXT week we shall give the Portrait of THOMAS BURT, Esq., M.P.

The following are also in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors, and at the railway book-stalls.

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A Weekly Journal for All Classes

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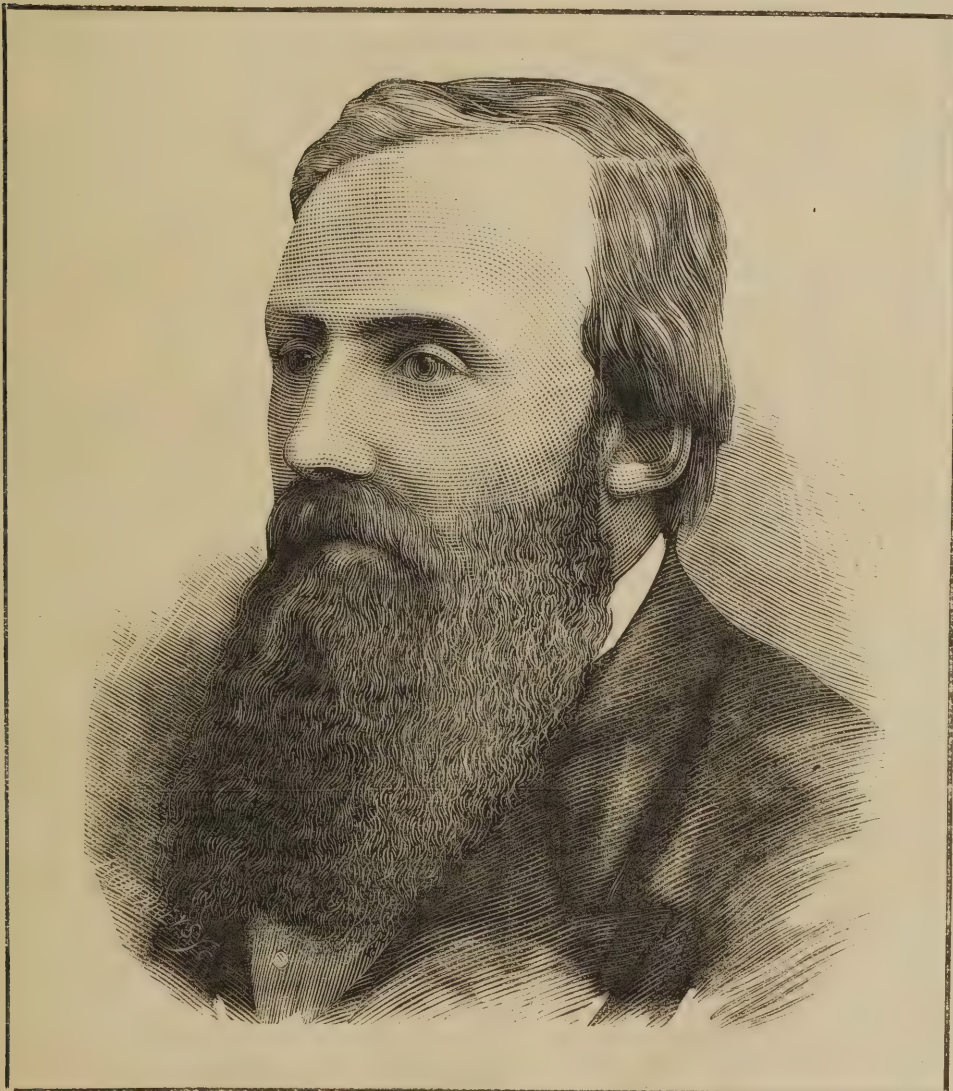
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

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SATURDAY, NOVEMBER 15TH, 1879.

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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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THOMAS BURT, ESQ., M.P.

'STILL waters run deep,' and the men who make the least show or profession often do the most effective work for their fellows. This rule will hold equally good of manual toilers and of brain workers. The genuine man does not require the aid or introduction of a fugleman; his work speaks for him, and by that he is content to stand or fall. Whatever may be his calling or position, he dignifies and adds lustre to it. Such a man is Mr. Thomas Burt, working-man, Member of Parliament, and, we may add, gentleman, in the truest sense of the term. The cause of labour has been extremely fortunate in returning him to Parliament as its first representative.

In 1837 there lived at Murton Row, near Percy Main, Northumberland, one Peter Burt, coal-miner, a hard-working, conscientious man, a Primitive Methodist 'local preacher' too, who took an interest in politics, trades unionism, and whatever else affected the interests of his class. Times were bad, and bread was dear, for the Corn Laws had not been repealed. His was a hard lot, but long hours of ill-requited toil did not prevent him from cultivating literary tastes. The wife of Peter Burt is remembered as a woman of no ordinary cast. She possessed sound judgment and a good heart; and it has been written of her that 'while she lived she was the angel of the lowly household.'

On November the 12th of the above-mentioned year a son was born into this lowly village home, and the child was called Thomas. Seventeen months later the family removed to Whitley; but the pit there was thrown out of gear, and about a year later circumstances consequently obliged them to locate at New Row, Seghill (now called Benke Town), where they remained five years; when they removed to Seaton Delaval Colliery. In 1860 the Burts settled in Choppington, a portion of the Borough of Morpeth. Peter Burt was a prominent trades unionist, and as such suffered many privations.

On his tenth birthday Thomas Burt began the struggle for bread. Mr. J. Morrison Davidson, in his 'Eminent Radicals in Parliament,' gives the following interesting account of his early labours as a miner:

'He commenced as a "trapper," at 10d. per day of twelve hours. A "trapper" is a door-keeper who sat, or sits, in utter darkness, peering wistfully into the "palpable obscure" for the approach of any mortal with a lamp. Such occupation might suit a notorious criminal of a philosophical

turn of mind, but none other. Promotion, however, soon came Mr. Burt's way. He became a subterranean "donkey-driver," and his wages rose fourpence per diem. Then followed "management of an inclined plane" at Sherburn House Pit, between Durham and Thornley, wages from 1s. 4d. to 1s. 6d.; and later, two years' "putting" or pony driving at Dalton Colliery, wages from 1s. 6d. to 2s. per diem. In 1851 the family ceased to sojourn in Durham and returned to its native Northumberland, settling ultimately for a period of eight or nine years at Seaton Delaval. Here further promotion awaited young Burt. He became a "water-leader," and his wages varied from 2s. 6d. to 3s. 6d. per day. "Water-leading" is not a specially amusing occupation. Before you know where you are, you are frequently up to the waist in the subterranean liquid, which has about as much fancy for being "led" as a Tipperary pig. Add to this that the hours of labour, though nominally twelve, were practically thirteen "from bank to bank," and that the distance to and from home was a good two miles' walk, and it will readily be granted that the Honourable Thomas Burt's opportunities for self-culture were in no way enviable. At fifteen years of age he had, besides, recklessly cut himself off from the consolation of champagne by becoming a total abstainer, and somewhat later he had to cure an inherited weakness for the cultivation of music simply because he had no time to spare. In his eighteenth year, however, he graduated as a pitman. He became a "hewer," and his wages rose to from 4s. to 5s. per diem, the hours of labour sensibly diminishing at the same time.'

At fifteen he set himself resolutely to the task of self-education, 'Cassell's Popular Educator' being his principal text-book. The hours of night were largely consumed in the study of this work. Latin, French, Euclid, and shorthand were mastered from its pages.

He speedily became acquainted with the works of Emerson, Carlyle, Mill, Macaulay, Burke, Adam Smith, and other masters of English prose, as well as the poetry of Shakspeare, Milton, Tennyson, Longfellow, Wordsworth, Shelley, Burns, and other princes of song. He applied himself to the elevation of his fellows by lecturing on temperance, co-operation, trades unionism, etc.

In 1860 Mr. Burt married Mary, daughter of T. Weatherburn; and soon after his removal to Choppington he became a delegate of the Northumberland Miners' Mutual Confident Association. In 1865 he was elected local secretary to the association, which was in anything but a prosperous condition at that time. An extensive strike at Cramlington existed, and there was but £23 in the exchequer. 'A Coalowner' violently attacked the new secretary in the columns of the *Newcastle Chronicle*, and Mr. Burt's reply, published in that journal, and given in Mr. Davidson's sketch, previously quoted from, is so characteristic of its writer that we reproduce it:

"I was chosen agent for this association," he wrote, "for the purpose of doing the best I could to aid the workmen in securing justice. I did not force myself on the men; they urged me to take the office; and as soon as they can dispense with my services I am prepared to resign. But so long as I am in office I will do my best to serve my employers. Four months since I was a hewer in Choppington Colliery. As a working man, I was in comfortable circumstances, serving employers whom I respected, and who, I believe, respected me. I had been at that colliery nearly six years, and during that time I had never a wrong word with an official of the colliery. 'A Coalowner' may ask there whether I was a 'demagogue' or an 'agitator.' I left the colliery honourably, and I have no doubt I can get my work again at that place if I want it. If not, I can get work, I doubt not, elsewhere, and under good employers too, for I long since made up my mind not to work for a tyrant. I say this merely to let your readers know that the position I hold is not degrading either to myself or to the men who employ me."

By the rare tact and energy displayed by the secretary the association struggled through the difficulty, and at the end of the strike £700 remained in the hands of its treasurer.

The administrative ability displayed in the management of the Union pointed him out as the most fitting representative of his class in St. Stephen's, and his friends determined to run him as a candidate at the General Election of 1874 for Morpeth. This position was never sought by Mr. Burt, but it was rather thrust upon him. Mr. Davidson tells us that :

'The circumstances attending the return of the member for Morpeth to Parliament have never yet received the general attention and commendation they deserve. They were most remarkable. Two pitmen, Mr. Robert Elliot (a poet of no mean merit) and Mr. Thomas Glassey, along with two brothers, Drs. James and Robert Trotter, local medical practitioners, did the heaviest portion of the electioneering, which, at the height of the Tory reaction, resulted in 3332 votes being recorded for Mr. Burt, against 585 for his amiable Tory opponent, Major Duncan. Never was there such unbounded enthusiasm. The prophet of Choppington was indeed honoured in his own country. His election expenses were defrayed by public subscription. He had nothing to do but address the electors and prepare to draw his parliamentary salary, which, if not large, is perhaps amply sufficient for his modest wants and limited desires.'

The advent of Mr. Burt in the House of Commons marked an era in our Parliamentary representation. We are led irresistibly to compare him with Andrew Marvel. Marvel was the last Member of Parliament paid by his constituents to represent them, until, after a lapse of two centuries, Burt appears in the House of Commons on the same footing. There is much, too, in common between the two men. The simplicity of taste for which Marvel was so distinguished is reproduced in Burt. We have heard of an invitation being sent to the Member for Morpeth to attend a public breakfast, but it was declined on the ground that he can only remain Member of Parliament so long as he retains the confidence of his constituents, who generously supply him with the means of living ; but who may change their minds at any time respecting him, as they are perfectly at liberty to do. In that case his income would cease, and he would have to return to pit work. 'So,' said the Member for Morpeth, 'I have resolved not to cultivate habits of luxury, but to live in such a simple manner that it will be no hardship for me to resume my calling and mode of life as a miner at any moment.'

That this is not likely to be the case is obvious. The absence of no man would be more regretted from the House of Commons than that of Mr. Burt. He is a young man yet, and great services to his country may be expected of him. He knows the wants of the millions, he is one of the people, he has dignified labour, and added lustre to our Legislature ; and perhaps he is the best living exemplification of

'The dignity of labour,
The high pedigree of toil.'

LONGEVITY IN AMERICA.—The following paragraphs are taken from the *Salem Register* (Mass. U. S. A.) of October 27th :—'STEPHEN GOODALE died in York, Me., last week, at the age of 118 years—the last 42 years of his life having been spent in the almshouse. At 76 he was considered an old man.'—'HON. ARTEMAS HALE, the oldest living graduate of Bowdoin College and the oldest ex-Congressman, having served in 1846-49, will celebrate his 96th birthday at Bridgewater on Monday.'—'MRS. BRADSTREET of Rowley, with her friends, celebrated her 94th birthday last Saturday week. She enjoys comfortable health, and is frequently seen on our streets and occasionally at church. She is a worthy member of the Baptist Church, and desires to live to see another revival in Rowley.'

HYGIENE.

THE SANITARY INSTITUTE.

A PUBLIC MEETING was held at the Public Hall, Croydon, on Saturday last, in connection with the Sanitary Institute of Great Britain. Dr. Richardson presided, and there was a large attendance, the room being crowded.

The PRESIDENT briefly opened the meeting by explaining the nature of the proceedings, and called upon the secretary to read the list of awards of the judges of the exhibition which was opened at Croydon on the first day of the congress, and closed on Saturday night.

Major M'Coy having read the report of the judges containing the awards,

The PRESIDENT gave an address on 'Health at Home,' commencing his remarks by observing that the old saying, 'there is no place like home,' had a singularly happy meaning when applied to health, and the benefits which spring from health, that was good and beautiful. They who were engaged in forwarding sanitary work might labour their lives out and still do little service until they could get each home, however small it might be, included in the plan of their work. The river of natural health must rise from the homes of the nation. Then it would be a great river on which every blessing would be borne. After an allusion to the importance of getting wives and mothers to learn the habitual practice of all that leads to health, the learned President said he would give a few golden rules for securing health at home. In the first place, whether the home be large or small, give it light. There was no house so likely to be unhealthy as one which was dark and gloomy. In a dark and gloomy house one could never see the dirt that polluted it. Light was also necessary in order that the animal spirits might be kept refreshed and invigorated. Sunlight was of itself useful to health in a direct manner ; sunlight favoured nutrition and nervous function ; sunlight sustained, chemically or physically, the healthy state of the blood. He wished to say a word about light in relation to the sick. When a person went to bed with sickness, it was often the first thing to pull down the blinds of the windows, to set up dark blinds, or, if there were Venetian blinds, to close them. It might be well, if light were painful to the eyes of the sufferer, to shield the eyes from the light, or even shut the light off them altogether ; but for the sake of this to shut it out of all the room, to cut off wholesale its precious influence, to make the sick room a dark cell in which all kinds of impurities might be concealed day after day, was an offence to nature which she ever rebuked in the sternest manner. He was now led to refer to another and allied topic—night and hours of sleep. If it were good to make all possible use of sunlight, it were equally good to make as little use as possible of artificial light. The fewer hours after dark that were spent in artificial light the better, and this suggested, of itself, that within reasonable limits the sooner we went to rest after dark the better. We required, in the cold season of winter, when the nights are long, much more of sleep than we did in the summer. On the longest day in the year, seven hours' sleep was sufficient for most men and women in the prime of life ; on the shortest day, nine hours were not over much, and for those who were weakly ten or even twelve hours might be taken with real advantage. In winter, children should always have ten to twelve hours of sleep. It was not idleness to indulge to that extent, but an actual saving—a storing up of invigorating existence for the future. Such rest could only be obtained by going to bed very early, say at half-past eight o'clock or nine. It was wrong as ever it could be that our legislators should often be sitting up, in the dead of night, trying against life to legislate for life. It was most foolish that public writers, who hold so many responsibilities in their hands, should be called upon to exercise their craft at a time when all their nature was calling out to them, Rest, rest, rest ! He did not say, Go to bed at all seasons with the sun, and rise with it, because in this climate that would not be at

all seasons possible; but, as a general principle, as closely as they could, they should make the sun their fellow workman; should follow him, as soon as able, to rest, and not let him stare at them in bed many hours after he had commenced his daily course. If children were taught this lesson and the practice of it, there would be, in a generation or two, even in this land of fogs and dulness, a race of children of the sun who would stand, in matter of health, a head and shoulders above the children of the present generation. With regard to beds and bed-rooms, the learned President said it was a point of the greatest importance in a healthy home to let every person in the house have a separate bed. It was important to have a well-made bed, which should be sufficiently soft to allow all parts of the body to feel equal pressure, and yet not so soft as to envelope the body. The clothes should be light as well as warm. The bed-room ought to be the room on which most trouble after health should be bestowed, but the rule followed, with few exceptions, was the reverse of this. The bed-room should be so planned that never less than 400 cubic feet of space should be given to each occupant, however good the ventilation might be. The walls should be coloured with distemper, or with paint that could be washed three or four times a year. The room should be kept clear of vestments that were not in use. From time to time a fire should be made in every bed-room, that a free current of atmospheric air might sweep through it from open doors and windows. To secure health at home, some simple provision should be made by which the body of every person who lived at home might be subjected to the bath daily. A formal bath was not at all necessary; a shallow tub in which the bather could stand in front of the washhand-basin was sufficient. In winter time the water should be tepid, in summer cold, and once a week there should be dissolved in two gallons of water a quarter of a pound of fresh washing-soda. With regard to air, it was necessary to maintain, as far as could be, an equal temperature in the different rooms. From the more strict of our Jewish fellow-subjects he took his last lesson for 'Health at Home.' Their system of complete household cleansing once a year had saved this wise and discerning people from the scourges of the great plagues, while all around had been stricken and destroyed. He would now leave his learned colleagues to descant on other subjects, and though by their united efforts they might not essay to lead them direct to Salutland and its hundred years of happy life, they would take them a long way towards even that promised commonwealth of health and long life.

Dr. PARSONS SMITH next read a paper by Mr. E. Chadwick, C.B. (who was unable to be present), on 'Health in the Young.' Mr. Chadwick referred to the infantile mortality prevailing in Croydon amongst the children of the industrious and self-supporting wage-classes, and suggested the institution of the *crèche*, well-appointed infant schools, and primary schools on the half-time principle, which would include physical training by exercises which seemed to correct and eradicate congenital defects and hereditary lameness, as well as to fortify the body against passing causes of disease. The cost of teaching and training at Anerley school was little more than £1 per head per annum, for physical training on the half-time principle, which was of the highest importance as well as for advanced mental training, or less than one-half the cost of the inferior schools. They challenged the existing systems as weakening the body to strengthen the mind, which it failed to do; and they claimed a foremost position for sanitary science in the national training and education of the population.

Professor DE CHAUMONT followed on 'Health and Good Food,' and pointed out that in addition to the dangers of over-feeding and under-feeding, there was partial starvation by deprivation of one particular kind of food. With regard to scurvy, the Professor said he was sure a good deal of it exists in a milder form among a large number of people in this country, on account of the neglect of vegetable food. It is a good thing that potatoes have become so general an article of diet, as they are excellent remedies for scurvy; but half the good they do is lost in our way of cooking them. By peeling them before cooking, the most valuable part of the juice is

lost; they ought to be boiled in their skins, or steamed, or if it is necessary to cut away portions when they are not very good, they should be stewed or made into a soup, so that the liquor they are cooked in is consumed as well. But should potatoes fail, every effort should be made to procure green vegetables, such as cabbage and the like, and onions, as the best substitutes. In conclusion, he said that another form of starvation was the want of nitrogenous or flesh-forming food, and another form was the want of fat.

Professor CORFIELD gave an address on 'Mistakes about Health,' and said he would refer to one or two of the greatest mistakes that could be made at all periods of human life. He would begin with infancy, and one of the greatest dangers to infant life was exposure to external cold. Next to that was the danger of improper feeding—insufficient or improper nourishment. Milk as provided by nature was the proper food for infants. He thought that an infant nursery should be attached to every national school for girls. Another mistake was the want of vaccination. Vaccination in infancy was an absolute preventive from smallpox during infancy and childhood. He thought there should be a law giving magistrates the power of vaccinating infants when their parents refused to have them operated upon. A magistrate did not like to punish a parent over and over again for the same child. Although compulsory vaccination was the law of the land, it was no offence if a child died from smallpox without having been vaccinated. He would not go into the question of what form such an offence should take, but it was a matter which required consideration. Another mistake was the ridiculous practice of dressing children in a manner by which their necks, arms, and legs were exposed to the cold. In speaking of the next period of life—youth—habits were an important matter, and especially the habit of early rising. One of the greatest judges took the pains of examining every old witness who came before him on this subject. He had a set form of questions, and although different answers were given to some of them—some smoked tobacco and some did not, some were teetotalers and others were not—he found that they all agreed in one thing and only one thing. They had all been early risers throughout their lives. He also alluded to the importance of regular habits in removing the exudations of the body from the skin. They next came to manhood, which was the time for marriage; and no doubt they would all admit that mistakes were sometimes made in marriage. (Laughter). He would refer, however, to physiological mistakes. There were a large number of diseases which we knew were hereditary, and there was only one way of stamping them out—by spreading knowledge among the people that these diseases—such as consumption—were increased by intermarriage amongst persons who belonged to families in which these diseases were prevalent. Middle age was the time when the results of the habits of youth manifested themselves, and was a period of life when all excesses should be avoided. In old age the principal thing to avoid was cold. Then there was the last stage of second childhood, which was only reached by those for whom mistakes had not been made in infancy and childhood, and who had observed habits of regularity in after life, had avoided excesses in manhood and middle age, and exposure to cold in old age.

Mr. G. J. SYMONS, F.R.S., read an address on 'Health and Good Water,' in which he pointed out several causes tending to render pure water increasingly scarce in this country; and that, however pure the water might be when it flowed through the street mains, that purity would be of little moment if the domestic fittings and domestic arrangements of the people were not what they should be.

Dr. A. CARPENTER next gave an address on 'Lessons Taught by the Exhibition,' referring especially to the interest which had been shown in the various appliances by artisans and others belonging to the industrial classes.

Dr. LORY MARSH spoke of the importance of the work of the institute.

Dr. H. J. STRONG read a paper on 'Health Out of Doors,' and, instancing the North Surrey District Schools at Anerley, pointed out the advantage of such institutions, and suggested that girls of a

higher social standing should be taught to cultivate such sciences as botany and geology, and that another method of securing 'health out of doors' would be gymnastics or bodily exercise, combined with amusement.

The CHAIRMAN then read an extract from a paper which had been prepared by Captain Douglas Galton on 'Health and Good Air,' and the proceedings were brought to a close in the usual manner.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(Continued from page 222.)

'MILK FOR BABES.'

CHAPTER VI.

BOTTLE-NURSING.

IN this chapter will be considered bottle-nursing, or feeding the child on milk and water by means of the bottle, in contra-distinction to the term 'hand-feeding,' which is administering food by the spoon. The invention of the infant's feeding-bottle is a great improvement on the old system of spoon-feeding, which was nearly always associated with thick, sour pap, and other abominations, mixed with milk, and totally unfitted for the delicate digestion of the infant. The feeding-bottle may be regarded as a practical reformer in this matter, for, by its use, the nurse is saved the trouble of hand-feeding, and besides that, more appropriate food is given. It is much superior to the spoon-feeding, because it more nearly follows the natural mode of feeding the infant, which is by suction. An infant should not be considered exempt from the universal law of working for its food. It is all the better for exerting its suction muscles. When food is given by the spoon the child is generally laid upon its back, and the contents of the spoon rapidly pushed into its mouth as fast as it can swallow. The child has no option but to take it as quickly and in such quantities as the ignorance or knowledge of the nurse may deem expedient. By the use of the feeding-bottle this is, to a great extent, obviated. It is true that the child may get the milk rather faster from the bottle than from the breast, but not nearly so fast as by hand-feeding; and further, it will not be obliged to swallow more than it has an inclination to take, simply because it has to work to get it.

There are endless varieties of bottles, both in shape and price. The chief qualities should be, that it is not easily broken, that the several parts fit well, come easily apart, and are therefore readily cleaned. With respect to the teats, those generally in use are made of india-rubber. Of these there are two kinds sold. The best are the black ones; the white ones are a combination of india-rubber and chemicals, and consequently are objectionable. Calves' teats are sometimes employed, and they require to be kept in spirit to prevent decomposition taking place, and they certainly do not answer the purposes better than the india-rubber nipples. The holes in the teat

should be small, or the milk will flow too fast. The teat should not be too long, or the child will compress the sides, and the milk will not flow at all.

One of the greatest evils attending bottle-nursing arises from the neglect to keep the bottle perfectly clean. A feeding-bottle should be, like Cæsar's wife, 'above suspicion.' Two bottles, at least, are required, because the same bottle should never be used twice in succession. When the child has taken the quantity intended, or that it is able to take, the bottle should be emptied, taken to pieces, and the top, glass tube and bottle should be placed in hot water, and thoroughly washed, and then replaced in fresh cold water until again required. The attention to these details will amply repay the trouble by preventing one of the most frequent causes of wind, colic, and diarrhoea which usually attend delicate, bottle-fed children. Before giving the teat to the child, the air in the tube should be exhausted, either by squeezing the teat a few times to pump out the air, or by letting the milk into the teat by inverting the bottle. This makes it easier for the child to suck, and prevents it drawing wind into its stomach. Milk is a compound which rapidly becomes sour. Hence, a very small quantity of stale milk about the tubes, teat, etc., will infect the whole, and, like yeast, produce a ferment, the character of which closely resembles in appearance what is known as a 'thrush' or 'frog' (aphthæ). *The temperature of the milk and water given should be that of the milk when obtained from the mother—viz., 98° Fahr.* There is nothing easier than to regulate the temperature of the food by putting the feeding-bottle into warm water, and testing with a thermometer until the right heat be given, which is marked on the instrument as blood heat. A thermometer is the most useful instrument in a nursery; in fact, no nursery should be without one. If food be given too hot, the mucous membrane becomes irritated, and inflamed, and often most distressing symptoms of acute disease are manifested. If the milk be given cold, it abstracts as much heat from the system as will warm the milk up to 98° Fahr., before it can be digested. Digestion, which should be rapid in an infant, is thus delayed, and the abstraction of heat is injurious to the child, because it possesses but feeble heat-producing powers. In feeding an infant, it should be placed in a similar position as for suckling. If laid on the back, and it gets the milk quickly, there is a danger of choking the child.

With respect to bottle-nursing, the first essential is cleanliness; the second, regularity; and the third, quantity and quality. When these conditions are strictly observed, good results may fairly be promised in the case of healthy children brought up by the bottle.

The milk obtained from domestic animals differs in some important respects from human milk. A knowledge of these differences is necessary in order to adapt it for the food of infants. All milks are not alike, even in the same class of animals. In fact, they all differ in some small degree, either in the proportion of their several ingredients, or in the special properties of some of their constituents. Doubtless each milk is fitted for the purpose for which it was specially designed. It is interesting and instructive to note the resemblances and differences of the milk of various animals as compared with human milk, for by so doing it becomes possible to adapt these several milks for the purpose of infant-feeding.

The following table, if carefully studied, will show the proportion of the several ingredients found in different milks :

	Woman.	Cow.	Goat.	Sheep.	Ass.	Mare.
Water . . .	890	860	868	856	907	888
Butter . . .	25	38	33	42	12	8
Casein . . .	35	68	40	45	16	16
Sugar and extractives	48	30	53	50	65	88
Fixed salts . .	2	6	6	7		

It thus appears that the milk of the cow, goat, and sheep, have a general correspondence in the total amounts of solids and liquids. The milk derived from the ass and mare differ very considerably—little casein, and less butter, but much more sugar. It might be supposed, by looking at the table, that the milk most suited for an infant would be goat's milk, inasmuch as the proportions of the several constituents more nearly approximate those of human milk than any of the others. This apparent similarity does not quite justify this inference. The goat's milk was secreted for the kid, and adapted to its digestive powers, and not for the human infant. Consequently we find that casein in goat's milk forms a very dense curd when brought into contact with the acids of the stomach of the infant. This renders it extremely indigestible in early infancy, unless well diluted with water. In order to prevent it forming a hard curd, it will be necessary to add about one tablespoonful of lime-water to each half pint of milk. *The solubility of the ingredients in various milks forms an important element in the success with which the different milks may be substituted. The human milk must be regarded as the type of perfection in its constituents and the properties of those constituents.*

The cheesy matter (casein) in human milk, when taken into the stomach, forms a soluble compound, and not a hard curd, unless there be an excess of acid.

The milk of the ass, though differing in the proportion of its constituents (especially the flesh-forming ones), comes nearer the milk of the mother in its digestive properties. It must always be borne in mind that it is not what goes into the stomach, but what is digested and assimilated, that constitutes the value of an article from a dietetic point of view. Experience shows that delicate children, on the point of death, revive, and are rapidly restored to health, by being fed on the thin watery milk secreted by the ass. Hence, it does not follow that the milk that is the richest in nutritive qualities is the best adapted for early infancy. The result of many observations on this question have satisfied me that the converse of this is true. Milk with proportionately less nutritive matter is better adapted to sustain the child in vigorous health than when given in a richer and more concentrated form. It is not uncommon to find children that do not progress on milk and water. It is then customary to lessen the amount of water and increase the milk, from the idea that the food is too poor. As a rule, no proceeding could be more disastrous to the child. If the milk had been further diluted, the cause of the complaint, viz., the inability to digest the concentrated solids, would have been removed, and the child would consequently have been restored. The reason why human milk agrees so much better than other milk is because it is so much diluted, and the cheesy substance more soluble. It is on this account that asses' milk succeeds so well. For all ordinary feeding cows' milk answers very well, provided that care be taken to make it as nearly like human milk as possible. Human milk

contains little more than half the quantity of cheesy matter that is found in cow's milk, hence the necessity for freely diluting it with water. Cows' milk should be mixed with half its bulk of pure, soft tepid water. The following proportions of added ingredients approximate the proportions and properties of human milk, and generally answer well. (Sometimes a little more water is required during the first few weeks of infant life.) Cows' milk, half-a-pint; water, the same quantity; a small teaspoonful, or sixty grains of sugar of milk, and two grains of phosphate of lime, and the addition of two teaspoonfuls of cream, if the quality of the milk be good; but when the milk is poor or skimmed, or such as is known as London milk, then the quantity of cream must be at least doubled. *Cows' milk, thus modified, is rendered very nearly like human milk, both in the proportion of its constituents and its solubility,*

(Commenced in No. 33.—To be continued.)

FOOD REFORM SOCIETY.

THE Secretary of the Food Reform Society writes us as follows : 'Dr. B. W. Richardson, F.R.S., in his presidential address to the Sanitary Congress at Croydon, a few days since, stated : "While the idea of having the dumb creature killed, and hung up in open shops to bleed and be quartered, and cooked for human beings to live on, would be"—in the future—"treated with as much disgust as we should now treat the practice of the owners of African shambles for human carcasses."

'On Thursday evening next, the 20th, at the Franklin Hall, Castle Street, Oxford Street, a debate on the drunkenness and diseases caused by our unnaturally feeding on the dead carcasses of dumb animals will take place, to which admission is free.

'These discussions are held on the first and third Thursday in each month, the object of the Food Reform Society being to show the drunkenness and other great evils created from eating what Dr. B. W. Richardson, and other medical authorities, correctly call a 'disease-producing food,' which food is unnatural, inferior, and expensive, and obtainable only on horrible terms, namely—the murder of our lower fellow-creatures.'

BUILDING ON MARSHES.

AN evil against which the legislature has provided means of combat by the 202nd Section of the Metropolitan Management Act, 1855, is that of building dwellings, generally for the poorer classes, on the level of the marshes at the East End of London. The roads are to be seen formed four or five feet above that level; and some builders, with a love for it, or judging it to be a weakness in those selecting suburban residences in their neighbourhoods, provide what they are pleased to term half-basements to their houses. Perhaps we should approach nearer to the truth were we to say it is to save a little brickwork being lost in foundations. Can any one who is about making such a house his home realise that he is consigning himself and family to a habitation, except for a ray of sunshine now and then, as unwholesome as any dungeon of a moated castle; or has he no choice, and must take what he finds where his work is? In this case, and we believe it would be that of most, it is indeed hard that there is not fixed a level below which no habitable room should be.

Any reader passing through such a locality as is spoken of, may notice on houses erected but yesterday the vegetation fostered by damp, which has changed the tiles from red to green, and otherwise manifests itself sufficiently to warn away all those who value their health.

F. M.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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* * * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.



LONDON: NOVEMBER 15th, 1879.

THE SANITARY CONGRESS AT CROYDON.

'SANITAS sanitatum et omnia sanitas' is the motto of no one party, no one sect, and no one class—it is a legend that may be adopted by all, which Lord Beaconsfield and Mr. Fawcett can alike inscribe upon their standards. It is a question that affects all alike—the sanitation that will drive disease perforce from the homes of the poor, will, if followed out, by its very adoption restrain it from knocking at the doors and entering unasked the abodes of the rich. Yet it is primarily a question that mainly affects the working and the middle classes. The reason why is not, like that for disliking Dr. Fell, 'hard to tell'—it is, on the contrary, one that, because of its self-evident truthfulness, is rather of a kind to raise a smile at its simplicity when told; it is no more than this, that nine-tenths of the dwellings of the land are inhabited by those classes. It is, then, from them that the principal interest in sanitation is to be looked for, after those eloquent, earnest, and untiring men who lead the movement for sanitary reform. But with these are not to be confounded the political-capital makers who may take up the subject as a sounding-cry when electoral necessities urge them to think of the needs of the people. From these, nothing whatever is to be looked for. Politics are not in our programme, but facts, says the adage, are 'stubborn things,' and they cannot

always be passed by in silence. In 1874 much was made of the sounding phrase with which this article opens; but sanitary reformers have only to look around them to discern how its teaching has since been relegated to obscurity. Foreign complications, and wars have arisen, and, from our point of view as sanitarians, have too much occupied the time and attention of the legislature.

The Sanitary Institute has done much to place the more important, if not all, the phases of sanitation before the public, and the congress at Croydon has had no small share in their publication. Dr. Richardson's address, that graphic, vivid, and entrancing picture of Salutland—a Utopia that in part might be, if it were only willed to be—should be spread broadcast throughout the land; and, with the cheap printing press of the present day, if the men who have the means have only the heart also, there should be no obstacle whatever in the way of its being so distributed. In this connection we may say that the ever serviceable, and at the same time ever true, editorial excuse of want of space must be our apology for not this week giving the report of Dr. Carpenter's address on 'Sanitary Science and Preventive Medicine' promised to our readers in our last week's issue. But although the congress in which it was read was concluded on the 25th ult., the subject of the paper is one which is open to discussion at all times, and we are assured that our readers will read it with interest whenever it may appear.

Since the closing of the congress, the programme of after-work which we gave in our last week's issue has been wholly carried out, and on Saturday last the exhibition of sanitary appliances held in connection with the congress was also brought to a close. The better to draw attention to the termination of the exhibition, a meeting was convened in the evening in the large public hall at Croydon, and, admission being free, the building was crowded to the point of overflowing. Addresses were delivered on 'Health at Home,' by Dr. Richardson, the president of the congress; on 'Health in the Young,' by Mr. Edwin Chadwick, C.B.; on 'Health and Good Air,' by Captain Douglas Galton; on 'Health and Good Food,' by Professor de Chaumont; on 'Mistakes about Health,' by Professor Corfield; and on 'Health and Good Water,' by Mr. G. J. Simons; Dr. Alfred Carpenter concluding with 'Lessons taught by the Exhibition.' As the time for the delivery of each address was limited to fifteen minutes, the remarks upon the several subjects were necessarily all direct to the point, and, being without exception popular in their style and in the treatment of the subject dealt with, met with the hearty appreciation of a most attentive audience. The influence of sun-light upon health, and the evils of too much artificial light; the importance of early retirement to rest and early rising; the necessity for a separate bed for every person, and proper bed-room furniture and bedding, airy space, etc.; the value of daily bathings and periodical house-cleanings, were the principal topics of Dr. Richardson's address on 'Health at Home,' which will be found admirably summarised in another column. Of the other addresses, the subjects discussed have already been ventilated in these columns, and will be yet further ventilated; but as there was nothing specially new to our readers in their contents, we refrain from reporting them at any length.

HENRY CRATHERN.

CURRENT OPINIONS AND EVENTS.

MR. BRIGHT'S speech on elementary education, delivered at Birmingham recently, had the merit of meeting with general approval. It was in no sense tinged with party views. He said :

'It is a great luxury to know a great deal of the past—not that it makes you more powerful to do much, but it gives a great pleasure to the person who knows ; and I do not believe myself that there is anything in the way of wisdom which is to be attained in any of the books of the old languages which at this moment may not be equally attained in the books of our own literature. Therefore, I think a man may be as great a man, and as good a man, and as wise a man, knowing only his own language, and the wisdom that is enshrined in it, as if he knew all the Latin and Greek books that have ever been written. But now, I say there is another sort of education, beyond that of books. I think Milton describes this sentiment. In speaking of some ancient people or person, he speaks of him as deeply versed in books and shallow in himself ; and there is no doubt that there are people who know almost everything that can be known in the library, and yet can hardly make their way from one street to another. But what I want to say—and I will not take up your time many moments in saying it—is that I think, with regard to teachers, they have two entirely different branches of labour. They have that of instructing their pupils from books, and they have that of instructing them from their own manner. You want to teach a child—I must say it is better than book-learning—you want to teach a child to be gentle ; not the gentleness that is weakness, for there is a perfect gentleness which is combined with great force.'

In a speech delivered to the students of Wellington College, near Wokingham, on the 3rd inst., Mr. Gladstone said :

'The knowledge acquired by his hearers had two great aspects. Besides being a commodity which was to serve the external purposes of life, knowledge had a greater and a higher power ; it was an educating instrument. It was to bring out all their capacities, not for the sake simply of the purposes they were to serve them in life, but for their own sake. The whole of life was, after all, simply an education, and the professions and businesses to which they might be hereafter devoted were only parts and portions of that education. And then came into view what undoubtedly must be admitted to be the danger of the new system, of the modern spirit in education. He knew not whether it was owing to our degeneracy, but he was afraid it was the truth that we had a much smaller amount in this nineteenth century of a disinterested, ardent, enthusiastic love of knowledge for its own sake than our forefathers had 500 years ago. But be that as it might, it was the fact that our system of education was now worked by a method of sharp competition and immediate rewards. He saw all the benefits of that method ; he saw the great results it had produced ; but there was a peril in it, and it was the peril of their believing when they had gone through the examinations and obtained the prizes, and when they were realising professional success as a consequence of early distinction—that they should look upon that success as the end of their education. It was not the end of their education. The end of their education was the effect it produced upon themselves, the state to which it brought and in which it left them ; and the distinction was a very real one. His hearers were destined for many careers. But rely upon it that it was not for one of these professions alone, it was for all, that the benefits of education were intended. They all rested

upon the same footing ; they were all directed to the same end—the end of giving glory to God by the performance of duty, by the due use and full improvement of the faculties which He had given.'

A munificent offer has been made to the court of directors of the Margate Sea Bathing Infirmary (for scrofula) by Professor Erasmus Wilson, whose recent gift of the Egyptian obelisk to London is so well known to the public. Mr. Wilson announced through the chairman, Colonel Creaton, his desire to erect at his own sole cost a new wing containing wards for nearly seventy patients, a tepid sea-water swimming bath, and a chapel containing seats for 300 people. A resolution, accepting with the warmest cordiality and gratitude this 'large-hearted' act of benevolence, the cost of which will probably exceed £20,000, was unanimously passed by the court.

Writing to the *Times* recently on the cost of bringing land into cultivation in America, Mr. B. W. Close, of Eccles, near Manchester, said :

'Having had over forty 160-acre wheat farms put into cultivation on the border of Minnesota, in North-western Iowa, I can speak with exactitude as to the amount required for bringing a farm into a fit state for occupation in that district.

'You mention, that you think £400 too moderate an estimate. My experience points very much to the contrary, as the following estimate per 160-acre farm, based on my actual experience, will show : Breaking or first ploughing at 8s. per acre, £40 ; house, sixteen by twenty-two feet, four rooms, £45 ; sheds and stables, £20 ; harrow, £2 8s. ; three horses, £60 ; harness and wagon, £18 ; stirring plough, £3 5s. ; other implements and tools, £15 ; well, £4 ; furniture, including stove, £20 ; taxes, £5 ; share of seeder and harvester, £12 10s. ; seed, 125 bushels, £25 : total cost, £270 3s. I have the same seeder and harvester used for about four farms, and, as a rule, give twenty acres out of every 100 for other crops.'

The farmers of Berkshire are moving. A 'tithe and local taxation' meeting was held by those interested in the question of burdens upon land, at Wokingham Town Hall, on Tuesday last, to take into consideration, and pass resolutions upon, the burdens unfairly encumbering the land, such as tithes and local taxation. It is a new thing for farmers to be convening public meetings for the agitation of political questions.

All over the country the iron and coal trades exhibit a decided improvement, and for some qualities business would undoubtedly be brisk if holders did not exhibit a very natural dislike to enter into long contracts when prices promise to rise considerably. A sure sign is found in the fact that the railway companies are raising their rates to the original standard, though ironmasters and coalowners contend that the companies ought to have waited to see if the improvement promised to be permanent.

THE TOBACCO QUESTION.—We are frequently asked where publications on tobacco can be had, and we beg to refer our inquirers to the English Anti-Tobacco Society, 26, Corporation Street, Manchester, or to Messrs. S. W. Partridge and Co., Paternoster Row, London.

THRIFT PAPERS.

BY T. BOWDEN GREEN,
SECRETARY OF THE NATIONAL THRIFT SOCIETY.

No. 2.—*Thrift in the Workshop*

THRIFT, like charity, may begin at home, but it should lose no time in extending itself abroad; and when we are in the workshop, dealing with other people's time and other people's materials, we should be especially careful how we use them. It is just because these things are other people's that many workmen are indifferent on this point. Such a policy is, however, a very bad one, to say nothing of its unfaithfulness. Depend upon it, employers soon know who give them good value for their money and who do not; and, as opportunities occur, are disposed to forward the interests of the one class and not the other. Even from a 'self-interest' point of view, therefore, we should say to every workman, and indeed to every working-man, also, 'Be thrifty of your employer's time, tools, materials, fuel, money (if you have it to lay out on his behalf), and with everything that you have to do that belongs to him. His interest is also your interest, and, therefore, the more you do for him, the more you do for yourself.'

Let us suppose the case of a contractor, mill-owner, iron-worker, or large manufacturing firm, employing a thousand hands. If, either through carelessness, or neglect, or wilfully, those employes lose or waste in work what would represent an average of twenty shillings apiece per month, that employer, or firm, not only loses £12,000 per annum, but loses also the profit on the extra work which might have been turned out if those employed had all performed their work faithfully and thriftfully.

Very well. Presently the time comes when those employed want an additional shilling or eighteenpence a week. The matter is carefully considered, figures gone into, calculations made, but the answer given is that *the advance cannot be made*. Now, how different might have been the answer, had the full amount per annum been made by the firm!

Why, the £12,000 or £15,000 lost in one year alone by loss of time and neglect of work would have paid the men eighteenpence a week extra all round three or four times over.

In such a case, and one that is constantly occurring, have not the employes *themselves* to thank for the answer given to their request?

Thrift in the workshop can be better adopted and carried out by a proper systematic arrangement of what is required. Much valuable time is frequently lost by the not knowing where to find this or that article, and then, *when* found, it is found, perhaps, to be unfit for use, and further time has to be spent, or rather misspent, in putting it into working order.

In thrift, as in everything else, 'example is better than precept.' Let the master or foreman exhibit care in small matters, and the men are likely to follow in the same course. Unthrifty hands should be made to give way to thrifty ones, and, wherever practicable, the men should have a direct, as well as an indirect, interest in the undertaking.

When thrift in the workshop is duly practised, we shall not be hearing so much of holidays and off-days, of half-days' work

instead of whole ones, and such like foolish loss of valuable time. Holidays are well enough in their way, but to have one every time Monday comes round, and then to run short of cash till pay-day comes round, is folly that amounts to positive sin.

When thrift in the workshop is duly observed, we shall not be hearing of the same extravagant expenditure out of it. This is not a temperance article, but perhaps we may nevertheless be allowed to say that half a million a day all the year round is very considerably too much for the working classes of this country to spend on drinking and smoking—too much for this reason, if for no other, that they cannot *afford* it. Half this sum, and a good deal more, might either be saved against 'rainy days,' sickness, old age, etc., or, if it must be spent, might be spent far more reasonably and profitably; and were this so, a good deal more might also be earned with the time now lost and frittered away through excessive indulgence in these habits.

'Every working man in England,' says the Rev. W. L. Blackley, 'is able, if willing, to make a due and sufficient provision against sickness and old age.' But how many do this? Probably not one in a thousand! 'It will be sad indeed,' said Thomas Brassey, M.P., 'if the receding tide leaves behind it large multitudes of our highly-paid workmen without the slightest provision to meet a period of adversity.' This, however, is just what the receding tide *has* done, and will do again if the lessons of thrift which we desire and strive to inculcate are not taken to heart and practised in everyday life.

We have been told that it is to the thrift of the working classes that we must look for the future prosperity of England; and doubtless there is much truth in the statement.

What would France have been after the Franco-Prussian war had it not been for the previous thrift of the nation, and especially of the working classes? And what should we have heard of the cry of distress that for so long past has been going up on all sides if English workmen and working men had been in times of prosperity sufficiently prudent and forethoughtful to put aside something for less easy times? Let not the lessons taught us by the recent 'hard times' be easily forgotten; but rather let the advice given in the following words from 'The New Koran' be adopted and carried out: 'O workmen and brothers, husband your strength and your earnings and make provision for the day of need, even as the camel provideth water for the desert. Have ye not heard how one grain of sand accumulath many others and formeth a great rock? Even so, one good penny which a labourer beginneth to save will grow and gather more, and be the foundation-stone of wealth and prosperity.'

SELF-ADVANCEMENT.

WE have been requested to give publicity to the following sketch of a young mechanic, given by Mr. Robert Chambers, and quoted in 'Mistaken Aims of the Artizan Class,' with the hope that it may be interesting to many of our readers, and also prove an incentive to our youth to follow in the footsteps of the hero of the sketch:

'Englishmen have much to be thankful for, inasmuch as there is probably no country on the face of the globe where sober, industrious young mechanics and labourers can so soon raise themselves to ease, comparative independence, and comfort, as in England. Many instances in real life might be given in proof thereof. Yet

our present purpose may be best answered by presenting the case of one who, having lost his father and mother in childhood, has been indebted to the kind-hearted for the school learning he has acquired. During his apprenticeship he gained little beyond habits of industry. In the seven years of his apprenticeship, his master fell from a respectable station to one of abject poverty, owing to his taking the one glass, then the two, three, four, and onwards, till, by steps most imperceptible, his business and family were neglected, whilst he joined his associates at the ale-house. But let us not dwell on this sad picture. On completing his twenty-first year, our orphan boy engaged in a situation where he received 15s. per week wages, 8s. of which he appropriated to food and lodgings, and 2s. to clothing; and a few books, to rub up his school-day learning. Warned by the example of his late master, he shunned the ale-house, and his steady conduct soon gained him the confidence of his employer, who, at the end of his first year, raised his wages to 21s. per week. At the end of the second year he found himself possessed of £40; 5s. per week had been regularly deposited in the bank for savings during the first year, which amounted to £13; and in the second year, 11s. per week, which was £28 12s. more. We need not follow him step by step in his steady but onward course. He has now been nineteen years in his present situation; for the last ten he has been the foreman, with a salary of 30s. per week. Twelve years ago he married a virtuous young woman, and he has now six fine children. The house he lives in is his own: a good garden is attached to it, and a fruitful and lovely spot it is; it serves as an excellent training-ground for his children, whose very amusements in it are turned to good account. The mother brought no fortune with her, except herself. She had, indeed, lived as servant some years in a respectable family, where she had high wages; but all she could spare was devoted to the support of an infirm mother, who, on her marriage, was received into her husband's house, where the evening of her life is rendered happy. How is it, you ask, that a man of forty years of age, who has had nothing to depend upon but his own labour—who has a wife and six children, and an infirm mother-in-law to support—can have bought a piece of ground, built a house upon it, and have it well furnished, and, after all, has upwards of £200 out on interest? for he has been a servant all along, and is a servant still. Well, let us see if we can find out how it is. In the first place, and which, after all, is the main point, he spends nothing at the ale-house. The money which too many worse than waste there, he saves. At the age of twenty-three we find he had in the bank of savings £40.

At the age of 24 he has	-	-	-	£70
" 25 "	-	-	-	102
" 26 "	-	-	-	135
" 27 "	-	-	-	170
" 28 "	-	-	-	260

He now marries, and expends on furniture £40, reducing the amount at interest to £166, but his wages are now advanced to 25s. per week; his savings of 5s. per week and interest in one year amount to £21, added to £166, makes £187, when 29 years of age.

'At thirty years of age he has £210; wages now 30s. per week; saves 10s. and interest; he has £237 at thirty-one years of age; at thirty-two he has £286; buys a plot of ground for £100; expends £150 in building his dwelling-house, so that he reduces his money at interest to £36, saves his 10s. per week and interest on £36—£27 16s. makes £63 16s. at the age of thirty-three.

At 34 he has	-	-	-	£93
" 35 "	-	-	-	125
" 36 "	-	-	-	155
" 37 "	-	-	-	181
" 38 "	-	-	-	207

He now expends the interest, and saves only 10s. per week.

At 39 he has	-	-	-	£233
" 40 "	-	-	-	250

in addition to his house and garden.'

THE TONGUE INSTRUCTED.

Guard well thy lips: none, none can know
Prov. viii. 3.
What evils from the tongue may flow;
James iii. 5, 6.
What guilt, what grief may be incurred
Judges xi. 35.
By one incautious, hasty word.
Mark vi. 22, 27.
Be 'slow to speak,' look well within,
Prov. x. 19.
To check what there may lead to sin;
James i. 26.
And pray unceasingly for aid,
Col. iv. 2.
Lest unawares thou be betrayed.
Luke xxi. 34.
'Condemn not, judge not'—not to man
James iv. 2.
Is given his brother's faults to scan;
1 Cor. iv. 5.
One task is thine, and one alone—
Matt. vii. 3.
To search out and subdue thine own.
John viii. 7.
Indulge no murmuring, oh restrain
1 Cor. x. 10.
Those lips, so ready to complain!
Lam. iii. 22.
And if they can be numbered, count
Ps. ciii. 2.
Of one day's mercies the amount.
Lam. iii. 23.
Shun vain discussions, trifling themes;
Titus iii. 9.
Dwell not on earthly hopes and schemes;
Deut. vi. 4—7.
Let words of wisdom, meekness, love,
James iii. 13.
Thy heart's true renovation prove.
Luke vi. 45.
Set God before thee; every word
Gen. xvii. 1.
Thy lips pronounce by Him is heard;
Ps. cxxxix. 4.
Oh, couldst thou realise this thought,
Matt. vii. 36.
What care, what caution would be taught!
Luke xii. 3.
'The time is short,' this day may be
1 Cor. vii. 29.
The very last assigned to thee;
Eph. v. 16.
So speak, that should'st thou ne'er speak more,
Col. iv. 6.
Thou may'st not this day's words deplore.
Rom. xiv. 12.

Salem Register.

ECHOES OF THE OLDEN TIME.

THE REV. JOHN WESLEY AND HIS TEA.

We extract the following from the interesting journal of John Wesley:
'Sunday, July 6th, 1746.—After talking largely with both the men and women leaders, we agreed it would prevent great expense, as well of health as of time and of money, if the poorer people of our society could be persuaded to leave off drinking tea. We resolved ourselves to begin and set the example. I expected some difficulty in breaking off a custom of six-and-twenty years' standing; and, accordingly, the three first days, my head ached, more or less, all day long, and I was half asleep from morning to night. The third day, on Wednesday, in the afternoon, my memory failed, almost entirely. In the evening I sought my remedy in prayer. On Thursday morning my headache was gone. My memory was as strong as ever. And I have found no inconvenience, but a sensible benefit in several respects from that very day to this.'—From the *Hull Miscellany*, edited by William Andrews, F.R.H.S.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it. —*Coleridge.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

Scepticism is as great a foe to profitable knowledge as credulity; if investigation is troublesome or disagreeable, or goes against our received opinions, we then are very apt to take refuge in a flat denial, and thus to discharge ourselves from the responsibility of inquiry, and the still greater trouble of having our preconceived opinions disturbed. —*The Quarterly Review.*

All men are equal; it is not birth, it is virtue alone that makes the difference. —*Voltaire.*

Virtue alone outbuilds the Pyramids,
Her monuments shall last when Egypt's fall.

Blair.

I was formerly in the habit of offering my friends such advice as I thought might be useful to them; but I have renounced that habit, because I find that, instead of stretching out their hands to receive advice, people are apt to extend their claws. —*Locke.*

The entire vitality of art depends on its being either full of truth or full of use. —*Ruskin.*

Know then this truth, enough for man to know,
Virtue alone is happiness below.

Pope.

It is sometimes as well to forget what we know. —*Syr.*

The empty vessel makes the greatest sound. —*Shakespeare.*

A shattered reputation is never again entire. —*Sir William Temple.*

Provision is the foundation of hospitality, and thrift the fuel of magnificence. —*Sir P. Sidney.*

Censure is the tax which a man pays to the public for being eminent. —*Addison.*

Or give to life the most you can,
Let social virtue shape the plan,
For does not to the virtuous deed,
A train of pleasing sweets succeed?

Shenstone.

Truth is simple, requiring neither study nor art. —*Ammian.*

He ought to remember benefits on whom they were conferred; he who confers them ought not to mention them. —*Cicero.*

He that wants money, means, and content, is without three good friends. —*Shakespeare.*

Fear, instead of avoiding, invites danger; for concealed cowards will insult known ones. —*Lord Chesterfield.*

Though men pride themselves on their great deeds, they are often not the result of design, but of chance. —*Roche foucauld.*

However it be, it seems to me,
'Tis only noble to be good;
Kind hearts are more than coronets,
And simple faith than Norman blood.

Tennyson.

The best hearts are the bravest. —*Sterne.*

The wisest men are easiest to bear advice and the least apt to give it. —*Sir William Temple.*

Of all wild beasts, preserve me from a tyrant; of all tame, a flatterer. —*Dr. Johnson.*

THE HOUSEWIFE'S CORNER.

AN ECONOMICAL DISH.

Soak lentils (Egyptian beans) or split peas, or haricot beans all night; after well washing them, boil gently in a little soup, enough to cover them, or water, and add grease according to the quantity of beans; stir it well, fry onions and add hard-boiled eggs or any meat you have. Vegetable-marrows; the more vegetable the better, as it makes it more wholesome; lentils are very nutritious. Curry is often added to this, the onions carried too.

PILAU.—BOILED RICE.

Well wash the rice and stew it *very gently* with some grease, and add a little soup; keep adding the rice, and the grease, and the soup by degrees, in turns, till it is quite done; to half cook the rice if you are in haste does best; add onions, salt, pepper, eat it with cheese, or meat, or hard-boiled eggs, or macaroni.

OMELETTE.

Beat up three eggs, not very much, fry some onions, chopped fine—parsley, salt, and pepper, just for a turn, then add your eggs, shake the pan, put plenty of grease, turn it over like a pancake. You can add to it a little flour, or chopped meat, to make it larger if you want to; it is best to have a *separate* three eggs, not six at once.

HOT CORN-FLOUR CAKES.

Heat some corn-flour and grease in a saucepan, stir it well, and roll it out to be crisp; if for tea, add treacle, and a little milk, or an egg or two; if to eat hot for dinner, merely add salt and pepper, and you need not roll it out; both for tea or dinner they should be eaten hot, with plenty of grease, as the Indian corn is so much more gritty than flour.

PORTRAITS.

THE following Portraits are in preparation :

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly.

Subjects :

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

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FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 44, VOL. II.]

SATURDAY, NOVEMBER 22ND, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE REV. GEO. M. MURPHY.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE REV. GEO. M. MURPHY.

(MEMBER OF THE LONDON SCHOOL BOARD.)

In the south of London there is no more popular man with the working classes to-day than Mr. G. M. Murphy. He has acquired his popularity, not at a bound, but by patient and devoted labour, in the promotion of the social and physical welfare of the people for almost a quarter of a century.

Mr. Murphy was born on September 9th, 1823, at Hans Place, Chelsea. In 1839, to the surprise of his friends, he enlisted in the 51st Regiment, serving chiefly in Ireland, until his father's death, when his widowed mother purchased his discharge. While a soldier Mr. Murphy acted as drill-instructor and non-commissioned officer, besides which he served on the recruiting staff.

Sir George Grey appointed him as an officer on board the *York*, convict ship, lying in Portsmouth harbour, off Gosport. It was while living at Gosport that Mr. Murphy became interested in the Temperance Question, of which he has since been a staunch adherent and successful advocate. He, however, left the convict service to fill an engagement in the establishment of Messrs. Fox and Henderson, of Birmingham, and while in that town he rendered valuable assistance to the Temperance Movement, co-operating very heartily with the United Kingdom Alliance.

In 1856 the Rev. Newman Hall, being desirous of improving the social condition of the working classes in the south of London, formed the 'Southwark Mission for the Elevation of the Working Classes,' and Mr. Murphy was appointed its agent, which he continued to be for ten years. Some idea of the work done by Mr. Murphy in this capacity can be obtained from a *resumé* of his labours given in a lecture he delivered at the close of his ten years' work :

'Visits to houses	21,300
Visits to sick and dying people	8,500
Visits for reading, prayer, or exhortation	12,670
Dying beds attended	294
Number of tracts, etc., distributed	418,200
Open air meetings	2,088
Number attending	396,000
Indoor meetings	4,015
Number attending	798,400

'The number of persons spoken to was thus considerably over a million. Two hundred meetings had been conducted by the Southwark Mission which he had not a hand in ; and 1,217 had signed the pledge in his pocket pledge-book. The largest number of meetings held in any one year was 660, in 1863, at which 154,200 persons attended ; and the lowest number in 1869, when there were 548 meetings, and 87,520 persons attending.'

In 1862, by the munificence of Mr. Samuel Morley, M.P., Mr. Murphy was able to engage the Lambeth Baths for meetings 'for the advancement of religious and philanthropic objects.' The first meeting was held on the 21st of November, Mr. William West, of Clapham, occupying the chair, and Messrs. Murphy and Jabez West being the principal speakers. These meetings, which have now become one of the most characteristic institutions in the south of London, have been sustained to the present hour by the generosity of Mr. Morley, who pays the rent, and by the energy and devotion of Mr. Murphy, who is the life and soul of the undertaking.

In 1866 a Congregational Church was formed in the Borough Road, of which Mr. Murphy was elected pastor. Many social and benevolent institutions cluster round the Church, which has steadily increased in number and usefulness.

From its institution, Mr. Murphy has been a member of the London School Board. Elsewhere we express the cordial wish that he will be triumphantly returned, for the fourth time, as one of the representatives for Lambeth. From our short and imperfect sketch of Mr. Murphy and his labours, it will be seen that his training and work have brought him into close contact with the people. He is not only familiar with their vices and weaknesses, but he knows their wants and requirements, educationally and socially ; and such knowledge cannot but fit him, in an extraordinary degree, to be one of the most useful members of the London School Board.



HYGIENE.

HEALTH AT HOME.*

BY DR. B. W. RICHARDSON, F.R.S.

[ALTHOUGH the summary of Dr. Richardson's admirable paper given by us last week was an ample one, the production is of such importance that we gladly find space for the full text of it. It cannot be too widely circulated, and if its teaching is acted upon, the health of the community will be visibly improved.]

The old saying, 'there is no place like home,' has a singularly happy meaning when it is applied to health and the benefits which spring from health that is good and beautiful. We who are engaged in forwarding sanitary work may labour our lives out and still do little service until we can get each home, however small it may be, included in the plan of our work. The river of national health must rise from the homes of the nation

* A paper read at the Sanitary Congress, Croydon.

Then it will be a great river on which every blessing will be borne.

The placard calling together this meeting specially invites ladies—I had rather it had said women—to be present. It is worded in this fashion, because we who have invited know that women are always at home, as men are always abroad, and that the woman who is at home must be the continuous and natural guardian or ward of the health that should centre in the home. When I, as a physician, enter a house where there is contagious disease, my first duty is to look at the surroundings. What are the customs of the people?—are they wholesome, are they unwholesome? If the answer be ‘wholesome and common-sense,’ then I know that the better half of success in the way of treatment and prevention is secured. If the answer be ‘unwholesome, slovenly, disorderly, careless,’ then I know that all that may be advised for the best will be more than half useless, because there is no habit on which any dependence can be truthfully placed, and because habit in the wrong direction is so difficult to move that not even the strongest ties of affection are a match for it in times of emergency. If we could, then, get wives and mothers to learn the habitual practice of all that tends to health, we should soon have an easy victory, and should ourselves cease to be known as the pioneers of sanitary work, the work itself being a recognised system and a recognised necessity practised by everybody.

In the few minutes at my disposal let me try and tell you what, after many years of experience and observation, seem to me to be a few golden rules for securing health at home.

I. SUNLIGHT AT HOME.

i. Whether your home be large or small, give it light. There is no house so likely to be unhealthy as a dark and gloomy house. In a dark and gloomy house you can never see the dirt that pollutes it. Dirt accumulates on dirt, and the mind soon learns to apologise for this condition because the gloom conceals it. ‘It is no credit to be clean in this hole of a place’ is soon the sort of idea that the housewife gets into her mind; ‘the place is always dingy, do what you may,’ is another similar and common idea; and so in a dark house unwholesome things get stowed away and forgotten, and the air becomes impure, and when the air becomes impure the digestive organs become imperfect in action, and soon there is some shade of bad health engendered in those persons who live in that dark house. Flowers would not healthily bloom in such a house, and flowers are, as a rule, good indexes. You put the flowers in your windows that they may see the light. Are not your children worth many flowers? They are the choicest of flowers. Then, again, light is necessary in order that the animal spirits may be kept refreshed and invigorated. No one is truly happy who in waking hours is in a gloomy house or room. The gloom of the prison has been ever considered as a part of the punishment of the prison, and it is so. The mind is saddened in a home that is not flushed with light, and when the mind is saddened the whole physical powers soon suffer: the heart beats languidly, the blood flows slowly, the breathing is imperfect, the oxidation of the blood is reduced, and the conditions are laid for the

development of many wearisome and unnecessary constitutional failures and sufferings.

Once again, light itself, sunlight I mean, is of itself useful to health in a direct manner. Sunlight favours nutrition; sunlight favours nervous function; sunlight sustains, chemically or physically, the healthy state of the blood. Children and older persons living in darkened places become blanched or pale; they have none of the ruddy healthy bloom of those who live in light. You send a child that has lived in a dark room in London for a few days only into the sunlight, and how marked is the change! You hardly know the face again. Keep, then, this word in your minds—light, light, light; *sun*-light which feeds you with its influence, and leaves no poisonous vapours in its train.

Before I leave this subject, I want to say a word about light in relation to the sick. A few hundred years ago it became a fashion, for reasons it is very hard to divine, to place sick people in dark and closely curtained bedrooms. The practice to some extent is continued to this day. When a person goes to bed with sickness, very often the first thing is to pull down the blinds; if there be venetian-blinds, to close them. On body and spirit alike this practice is simply pernicious. It may be well, if light is painful to the eyes of the sufferer, to shield the eyes from the light, or even shut the light off them altogether; but for the sake of this to shut it out of all the room, to cut off wholesale its precious influence, to make the sick-room a dark cell in which all kinds of impurities may be concealed day after day, is an offence to nature which she ever rebukes in the sternest manner.

This remark presses with special force in cases where epidemic and contagious diseases are the affections from which the sufferers are suffering; for these affections, as they live on uncleanness, require for their suppression the broadest light of day. Moreover, I once found by experience that certain organic poisons, analogous to the poisons which propagate these diseases, are rendered innocuous by exposure to light. Thus in every point of view, light stands forward as the agent of health. In sickness and in health, in infancy, youth, middle age, old age, in all seasons, for the benefit of the mind and the welfare of the body, sunlight is a bearer and sustainer of health.

2. SLEEP AT HOME.

I have been speaking about sunlight, and am led by this to refer to another and allied topic—I mean night and hours of sleep. If it be good to make all possible use of sunlight, it is good equally to make as little use as possible of artificial light. Artificial lights, so far, have been sources of waste, not only of the material out of which they are made, but of the air on which they burn. In the air of the closed room the present commonly used lamps, candles, and gaslights rob the air of a part of its vital constituent, and supply in return products which are really injurious to life. Gaslight is in this respect most hurtful, but the others are bad when they are long kept burning in one confined space. The fewer hours after dark that are spent in artificial light the better; and this suggests of itself that, within reasonable limits, the sooner we go to rest after dark the better. We require in the cold season of winter, when the nights are long, much more of sleep than we do in the summer. On the longest day in the year, seven hours of sleep is suffi-

cient for most men and women who are in the prime of life ; on the shortest day, nine hours is not over much, and for those who are weakly, ten or even twelve hours may be taken with real advantage. In winter, children should always have ten to twelve hours of sleep. It is not idleness to indulge to that extent, but an actual saving, a storing up of invigorated existence for the future. Such rest can only be obtained by going to bed very early, say at half-past eight or nine o'clock.

It is really all wrong, at the present season, that we should be here robbing ourselves of sleep. It is as wrong as ever it can be that our legislators should often be sitting up, as we know they do, time after time, in the dead of night, trying against life to legislate for life. It is most foolish that public writers, who hold so many responsibilities in their hands, should be called upon to exercise their craft at a time when all their nature is calling out to them, Rest, rest, rest ! It is said I am foolish for declaring these things. Is it so ? I am standing by Nature, speaking under her direction, and, without a word of dogmatism, I am driven to ask, May it not be the world that is foolish ?—the world, I mean, of fashion and habit, which could, if it would, change the present systems as easily as it criticises the view that it ought to make the change. Any way, this I know—and it is the truth I would here express—that in every man, woman, and child there is, at or about the early time I have named, a persistent periodical desire for sleep which steals on determinately, which, taken at the flood, leads to a good sound night's rest, and which, resisted, never duly returns, but is replaced by a surreptitious sleep, broken by wearying dreams, restless limbs, and but partial restoration of vital power. I said the other night in this room, 'Make the sun your fellow-workman.' I repeat the saying now. I do not say, Go to bed at all seasons with the sun, and rise with it, because in this climate that would not be at all seasons possible ; but I say, as a general principle, as closely as you can, make the sun your fellow-workman ; follow him, as soon as you are able, to rest, and do not let him stare at you in bed many hours after he has commenced his daily course. Teach your children, moreover, this same lesson, and the practice of it, whereupon there will be, in a generation or two, even in this land of fogs and dulness, a race of children of the sun, who will stand, in matter of health, a head and shoulders above the children of this present generation.

III.—BEDS AND BEDROOMS AT HOME.

The mention of sleep causes me to say a word about beds and bedding, and bedrooms. It is a point of the greatest importance in a healthy home to let every person in the house have a separate bed. It is a most unhealthy practice for two persons of any age to sleep in the same bed. Every person requires some different condition from every one else in order to secure perfectly good repose. Take children as an example. One child requires more bedclothes than another, or a different kind of bed, or a different position, before sound sleep can be secured ; and this can only be obtained by giving a separate bed to each child. Then, again, when two children sleep together, they are subject to the breath of the one or the other, and if both be quite natural it is bad ; but if one be unnatural it is seriously bad. Near here, at this moment, a great experiment has been tried on this question, with the most striking

results. At the schools at Anerley, every scholar has his or her own bed ; and the wise authorities there—who have improved the health of the children under their charge until the mortality is reduced to three in the thousand annually—tell me that few things have contributed so much to the grand results they have achieved as this one practice of having a separate bed for every child. It is important to have always a well-made bed, and everybody should learn to make a bed. A very soft or very hard bed is a bad bed. The bed should be sufficiently soft to allow all parts of the body to feel equal pressure, and yet not so soft as to envelop the body. The clothes should be laid on lightly, not be closely tucked in. The clothes should be light as well as warm. Dense blankets and coverlets are always unwholesome. Every portion of the bedclothes should be every day spread out for a short time to the air. I do not object to light bed-curtains at the head of the bed ; they keep off draught, they keep the light from the face of the sleeper, but they prevent the entrance neither of air nor of light.

I must add one word about bedrooms. It should always be remembered that the bedroom is the apartment in which one-third, at least, of the whole life is passed, and this remembrance should suggest that the bedroom ought to be the room on which most trouble after health should be bestowed. The rule that is followed is, with few exceptions, the reverse of this. The sitting-room and the drawing-room are made subjects of the greatest attention ; but the bedroom may be small, close, at back of the house, at front of the house, anywhere, if it be but convenient to get at. It may not even have a fireplace ; it may have the smallest window. It is often half a lumber-room, a place in which things which have to be concealed—old boots and shoes, old clothes, old boxes—are put away. Its walls, covered with several layers of paper, may be furnished with pegs, on which to suspend a wardrobe of garments ; and it is constantly decorated, for snugness' sake, with heavy curtains and blinds at the windows, and carpets all over the floor. These errors are unpardonable, and health at home is impossible where they are committed. The bedroom should be so planned that never less than 400 cubic feet of space should be given to each occupant, however good the ventilation may be. The walls should be coloured with distemper or with paint that, like the silicate paint, can be washed three or four times a year. The windows should have nothing more than a blind and a half muslin curtain. The floors should have carpets only round the beds, without valances from the beds. The furniture should be as simple and scanty as is possible ; the chairs free of all stuffings or covers that can hold dust. Of all things, again, the room should be kept clear of vestments that are not in use. From time to time a fire should be made in every bedroom, that a free current of atmospheric air may sweep through it from open doors and windows. I need not say that the floors should be kept scrupulously clean ; but I would recommend dry scrubbing as by far the best for the purpose.

4. THE BATH AT HOME.

To secure health at home some simple provision should be made by which the body of every person who lives at home may be subjected to the bath daily. This wholesome process is frequently neglected from the excuse that there is no con-

venience for a bath. The excuse is more plausible than real. A formal bath is not at all necessary. A shallow tub, or shallow metal bath, in which the bather can stand in front of the wash-hand basin; a good sponge; a piece of soap; two gallons of water, and a good large towel, are quite sufficient for every purpose of health. To stand in the shallow bath, and from the wash-hand basin to sponge the body rapidly over from head to foot, and afterwards to dry quickly, is everything that is wanted if it be carried out daily, and this may be so easily done, after a little practice, that it becomes no more trouble than the washing of the face, neck, and hands, which so many people are content to consider a perfected ablution. In winter-time the water should be tepid, in summer cold; and once a week there should be dissolved in the two gallons of water a quarter of a pound of fresh washing-soda. This addition cleanses the skin effectually, and removes acidity.

5. THE AIR AT HOME.

In order to secure health at home it is necessary to maintain, as far as can be, an equable temperature in the different rooms—a temperature of 60° Fahr. is nearest to the best—a free access of air without draughts, and above all things, an air that is dry. Washing-days at home amongst the poor are the days of most danger to the young. In the damp atmosphere thus caused colds and sore throat and croup find easy development; and in a house persistently damp from any cause, consumption of the lungs is induced as if under an experiment devised for the express purpose of production.

6. ANNUAL CLEANSING AT HOME.

From the more strict of our Jewish fellow-subjects I take my last lesson for 'Health at Home.' Their system of complete household cleansing once a year, the cleansing of every article, great and small, of every wall and floor and door and lintel, and the removal and destruction of all organic refuse, however minute, is a practice which, above all others, has so saved this wise and discerning people from the scourges of the great plagues, while all around have been stricken and destroyed, that a miraculous preservation has more than once accounted for what was a mere natural sequence and natural necessity. Health at home calls for this salubrious physical sanctification in every domestic centre and circle once a year at least.

And now I leave my learned colleagues to descant on ventilation, good food, good air, and other accessories to health everywhere, at home and abroad. And though by our united efforts we may not essay to lead you direct to Salutland, and its hundred years of happy life, we shall take you, if you will go with us, a long way towards even that promised commonwealth of health and long life.

THE RUSKIN SOCIETY, MANCHESTER.—At a meeting of the society, held on the 5th inst., the hon. secretary (Mr. F. W. Pullen) said the progress that the society was making was owing more to the help they were receiving from other quarters than from their own members. The members in Manchester were very lukewarm, and if it depended upon them the progress of the society would be very slow indeed. The first donation to the society, other than the subscriptions of members and associates, came from the Hon. Mrs. Cowper Temple, who sent a £5 note, and said she looked to the society helping the St. George's Guild more than anything she knew. A paper was then read by Mr. Edmund J. Bailie, of Chester, on 'Natural Adornment,'—*Builder*.

DIETETICS.

HOW TO FEED AN INFANT.

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

'MILK FOR BABES.'

CHAPTER VI.

BOTTLE-NURSING.

(Continued from page 235.)

THE continuance of lactation modifies the milk in the human breast, by increasing the cheesy matter and salts and lessening the amount of the sugar. In preparing cows' milk for the growing child these changes must not be forgotten; and it will be found that the addition of a few grains of common table-salt will be of service.

Where there is a failure in the natural supply, or when it is determined to wean the child, good milk, fresh and unsophisticated, obtained from healthy cows, properly diluted with water, and the addition of a little sugar of milk, answers exceedingly well.

When it is difficult or impossible to obtain good fresh milk, condensed or Swiss milk answers every purpose, if properly diluted. Milk must be good before it is condensed. The condensation is accomplished by evaporating six-tenths of the water out of the milk and adding sugar in order to preserve it. In feeding infants on condensed milk, the one thing to guard against is not to give it too strong, or it will produce a scalding of the urine and excoriations about the nates. When fresh milk cannot be obtained night and morning it is better to rely on Swiss milk. If milk stand for twenty-four hours the relative proportions of the constituents alter. It is also injuriously affected for infant nursing when conveyed by rail. The composition of milk varies much, as every dairyman knows, according to the pasture on which the cows are fed. In the lowlands the milk is better adapted for cheese making; that is, it contains a greater proportion of *casein*; whereas, in the mountainous districts, the milk makes a better butter; that is, it contains a larger proportion of the fats or oils. On this ground, the Swiss milk of the mountains approaches nearer what is required for the delicate digestive powers of the infant.

In feeding a newly born infant by bottle-nursing, the same rule applies with respect to both quantity and regularity as in nursing. The principle to be kept in view is to follow nature as nearly as possible. The quantity of milk secreted by a good nurse is not easy to determine, but the amount that can be obtained from the breast, at one time, is about four table-spoonsful. This, of course, varies, being more in some and less in others. The influence of the draught also affects the quantity. The amount of milk and water to be given at one time to an infant is rather more than a wine-glassful at a time. As digestion is rapid, the infant will require this amount repeating every two or three hours (if awake) both night and day. The child should not be roused from sleep to take the

bottle. To an infant especially, 'Sleep is nature's sweet restorer,' and it may do very well without food five or six hours.

A very great deal may be accomplished in even very young infants by judicious management with respect to both sleeping and feeding. To be continually suckling and not sleeping is as mischievous to the child as it is annoying to the nurse or mother. As the child gets older it takes more food at a time, and consequently does not require it so often; so that when it is six weeks old, if it be fed six times a day and twice in the night, it will suffice. And when it is three months old, feed it late at night, early in the morning, and about four or five times a day. As the child advances in age, the quantity must be increased, so as to satisfy it. No harm can be done in giving it plenty, providing it be properly diluted and given at regular intervals. An infant should be kept to the bottle until it has cut its teeth, which will generally be when it is twelve or eighteen months old. Sometimes two years may elapse before the teeth show themselves. During this time cows' or asses' milk should be the sole food. It is most important that no change from a milk diet should be made during dentition, unless it be to give the milk in a more diluted form.

I feel quite certain that many of the ailments that occur to infants during the period of dentition might fairly be traced to alteration in the diet, which usually takes place at this time. The advent of one or two teeth is welcomed with joy by parents, and considered an infallible indication for the administration of other food. This is a hasty judgment, and is not warranted by experience. It is not until the double teeth are cut that any change is justifiable.

If a child suffers from nervous excitement and irritation during the first eighteen months of its life, it is while dentition is progressing. When this is the case, the whole vascular system tends to congestion and inflammation. Consequently, it becomes necessary to insist upon a continuance of a water and milk diet.

When all the double teeth are cut the child may have an addition of some flour-food to the milk and water in the bottle. Stale bread or corn-flour, thoroughly boiled and beaten up so that it will pass through the tube of the bottle, is the most gentle transition of a pure milk diet, and meets the requirements of the child. When the eye-teeth appear, a further addition may be made to the diet. It can then have gravy and bread crumbs, beef-tea and broth, milk-puddings, etc. By the time that the eye-teeth have come completely through the gums the child can have meat cut up very fine and mixed with bread crumbs on alternate days. Water, or milk and water, is the best beverage. As in suckling, so in eating, a child should be taught to take its food at stated times, and these should be so arranged as to allow four or five hours to elapse between each meal. This gives time for digestion to take place.

Children require, proportionately, a larger quantity of food than adults; and when the food is plain, such as bread and butter, milk and oatmeal porridge, they will not over-stuff themselves. Much danger is often incurred by bringing them to table after dinner, in order that they may gorge themselves with cakes, nuts, etc.

The purpose of this little book was to consider the rational

way of feeding an infant from birth up to the period of the dentition of the milk or temporary teeth. The principles on which an infant should be fed are, I trust, clearly laid down, and so far as it were possible in a work of this nature, the physiological reasons have been given, in order to establish their validity and value. It is a serious matter to tamper with the health of children, for on their health rests their future happiness and usefulness to a much greater extent than is generally recognised.

'As the twig is bent, so the tree will grow.' As children are nourished on right or wrong principles, so will they grow or fade away. The greatest triumph of the medical art is so to direct and control hereditary tendencies of disease in infant life, so that when adult age is reached, inherited predispositions may be outgrown.

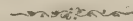
In the words of the celebrated Hunter I close this chapter: 'If you would have strong children, remember there are three requisities:

Plenty of milk,
Plenty of sleep, and
Plenty of flannel.'



MR. LONGFELLOW AND TOURIST TRAMPS.

SPEAKING of Longfellow, I want to tell a story that I heard the poet relate the other day. There was a group of us in Houghton and Osgood's, and the talk got upon the travelling tourist, when Mr. Longfellow laughed and told of a tourist of the John Bull family, who in visiting him not long ago apologetically remarked, 'Mr. Longfellow, you have no ruins in your country, and so we came to see you!' The group of us gave one very large laugh, and then the gentle-hearted poet said kindly and apologetically for the Briton, 'People say things, you know, that they don't mean to say, out of awkwardness and embarrassment, for the sake of saying something.' And here was another to the score of the tourist—the American tourist this time. The poet was invited to give his autograph, and complying, as he, alas! always does, he was followed to the table where he was writing, and politely overlooked by the visitors. 'Why, how plainly he writes; hand doesn't shake at all!' was the observation of one of these on-lookers to the other. And Mr. Longfellow, it is said, enjoys these visitors! If he does, of course it is from his standpoint of the humorous student of human nature. But what a temper he must have! What sweetness and light, such as Matthew Arnold would bow down before. And such as we might all bow down before and emulate—if we could! Only some of us might question, not whether the sweetness and light is wasted on these tourist tramps, because that goes without the saying, but whether Mr. Longfellow by this regimen, which, with his leisure, brings him nothing but fun, is not encouraging this particular tramp until he has become really the intruding nuisance that he is upon the people who have not the poet's golden leisure, and no sweetness and light to spare.—*Chicago Tribune*.



In deciding questions of truth and duty, remember that the wrong side has a crafty and powerful advocate in your own heart.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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LONDON: NOVEMBER 22nd, 1879.

THE LONDON WATER SUPPLY.

ITERATION is, in all public matters, the prime step towards bringing to a successful issue the subject taken in hand. Constant dripping proverbially wears away the stone, and continual discussion must eventually wear out the apathy and hardness of hearing of an uninterested public—uninterested, not because the matter is of no interest to them, but because they are, in their own opinion, unable to make their views known or to bring their wants properly before those who have the power to assist them. In London especially is this disheartened lack of interest the case. The individual householder knows his own wants, and knows them, moreover, to be the wants of his neighbour likewise—and it is this very knowledge which first appals him and then makes him in a measure content with the evil and apathetic to any desultory efforts to remedy it. The individual householder in London knows that any sanitary question which affects him—especially the question of water supply—is one that affects some six hundred thousand other Metropolitan householders, and the magnitude of the evil raises itself up as a giant in the path of any intention to reform. From time to time attempts have been made by individuals to rouse public opinion upon the subject; but the gigantic nature of the undertaking has been flung in their faces—they have been assailed as Utopists—they have had the financial argument hurled at them as an invincible barrier against their efforts at reform, and an invulnerable shield to the 'vested interests' whose 'rights' they are said to be assail-

ing, but the wrongs imposed by which are really the object of their attack; and they have subsided before the storm of opprobrium they have invoked—their voices have been hushed by the whirlwind of disapprobation that has been launched forth upon them.

But of late the matter has been revived by powerful voices—it has been taken in hand by men who are not to be discouraged when they know that they are right—and action has been taken to bring about at least an amelioration of the present system. On Wednesday, the 12th instant, Cardinal Manning presided over a meeting of the representatives of the organisations in the Metropolitan Boroughs composing the London Water Supply Committee, and several members of the Committee reported that the Water Companies of East London and in the Marylebone district are beginning to provide a direct supply without the use of cisterns and butts. This is a step in the right direction, and, had it come spontaneously from the Companies interested, they would have deserved the gratitude of the people whose water-supply they have thus improved. But in the face of the recent and present agitation of the question, the aspect of their action is changed. It is no longer possible to look upon it as a spontaneous and disinterested movement on the part of these Companies for the bettering of the water supply of their customers, for, as Mr. Smith, the representative of Finsbury on the Committee, remarked, there can be no doubt that there is an ulterior motive for the action. It is not necessary to hint at that motive—it is so plainly imprinted upon the face of the movement, that to refrain from giving it unrestrained publicity would be absurd. The object of these Companies, then, is not to increase the supply of water to their customers, not to ensure that the water supplied shall be of the best and purest obtainable—not one jot or tittle of public right or convenience has been taken into account in the motive which has influenced them—their sole aim and object in thus acting is to increase the value of their business, that their 'vested interests' may be of greater price when Government or the Corporation of London shall proceed to legislative measures upon the subject.

Of the other matters touched upon by the London Water Supply Committee we need not here speak—the business transacted was of a somewhat formal character; but before closing this article we may point out a view of the matter that seems to have been passed over. It is this. In our vast Metropolis there is no public body capable of properly overseeing the supply of water, or any other matter that affects that kingdom within the kingdom as a whole. The Corporation of the City have no jurisdiction outside their ancient boundaries, the vestries have no power outside their several districts, the Metropolitan Board is not to be trusted—its folly and mismanagement under the Artizans' Dwellings Acts is a specimen of what is to be expected from that body. There must therefore come, concurrently with a settlement of the question of water supply, a settlement of that other vexed question—the Municipal Government of the Metropolis as a whole. This also will bring in its train a long-desired inquiry into the nature, functions and funds of the City Companies, with a view that their almost unbounded wealth may be made applicable to the relief of the necessities of the capital. It is not, then,

a matter which can be settled by one little bill, neither is a series of little bills calculated to be of much service. A comprehensive measure alone can be of any real use, and much time and care must be given to it if a satisfactory issue is to be arrived at. To give this time and care in the present political situation is impossible. A Municipal System suited to the requirements of our enormous Metropolitan population cannot be built up in a few hours spared to it out of the many that must next Session be devoted to Imperial subjects of much urgency, and upon which there is great diversity of opinion; and, apart from all party considerations, it would be the height of presumption for any Government with but at most another Session between it and an appeal to the nation to attempt to solve an issue of such magnitude.

HENRY CRATHERN.

[Since writing the above, we have seen the advertised notice of intention to apply to Parliament for leave to bring in a bill to authorise the purchase of the Metropolitan Water Companies. We shall have a few remarks to make thereon next week.]



CURRENT OPINIONS AND EVENTS.

THE London School Board elections are occupying considerable attention just now; but not more than their importance demands. We are in no sense a party paper, and, consequently, feel a delicacy in saying a word for either of the very excellent candidates nominated in the several districts. But perhaps we may be pardoned for expressing the hope that the chairman of the present board, Sir Charles Reed, will not only find a seat at the new board, but that he will head the poll in the Hackney district. His eminent services, acknowledged by all parties, at least entitle him to this. The Rev. G. M. Murphy, too, whose portrait we give this week, has been so useful a member, and has done such a good social work in Lambeth, that, without doubt, he will be again returned. Considering that the majority of children to be taught in the Board Schools are girls, we are strongly in favour of a large increase in the number of lady members of the board. We trust, therefore, that all the ladies seeking election will be returned; and we are pleased to observe that our esteemed contributor, Mrs. Jane H. Simpson, is a candidate for the Marylebone division. On many grounds Mrs. Simpson is an extremely eligible candidate. Her acquaintance with the important questions of dietetics and general hygiene eminently qualify her for the position she seeks.

Referring to the effects of a hard writer upon the public health, the *Daily Chronicle* of Monday last makes the following sensible observations as to the neglect of the poorer classes in utilising the scant means of comfort at their command:

'To the strong, the well-fed, and the well-clothed, a time of roost and snow may be positively beneficial, inasmuch as it is decidedly bracing; but to the feeble, to the poor to whom it means short commons, and to those without adequate garments and bedding to keep the body at a proper temperature by day and night, it is a time of unmitigated misery only too often resulting in disease and death. Nor do the poorer classes avail themselves of the resources which are very patent to less ignorant people. The food they have they waste or spoil to an

extent scarcely conceivable by the better-instructed. They will not touch things—tinned meats, for one example out of many—which really well-to-do persons not only use but enjoy; while their ideas of economy are probably of less worth, when they exist at all, than those obtaining amongst other civilised nations. The Continental working man would fatten where his compeer in this country would starve. Their attempts at battling with severe weather would be ridiculous did they not result so sadly. Without rendering themselves outwardly conspicuous, there are several methods of defence against cold of which they are either ignorant, or else profess to despise. How many, for instance, are aware that a newspaper, simply doubled and placed under the waistcoat of the man, or the dress of the woman, is a most efficient warmer and protector of the chest, and would save many a delicate life if habitually worn during the winter?'

In commenting upon Dean Stanley's speech on the Coffee-Palace Movement, given by us in another column, our excellent contemporary has some pertinent remarks upon the difficulty, if not impossibility, of procuring wholesome drinks at the ordinary public-house. Seeing, however, that the term 'intoxicating' is but the equivalent of 'poisonous,' we are at a loss to understand the last sentence of the following quotation:

'The public-houses unfortunately afford no accommodation for tea and coffee-drinkers, and it appears to us that in this respect licensed victuallers make a great mistake. So long as man continues to be a social animal, he will naturally frequent places where he can meet with congenial company. It is to be regretted, therefore, that in too many instances he can only satisfy his craving for society by swallowing bad liquor, for not only is it impossible to get non-intoxicating beverages at the public-house, but the liquor supplied there is frequently more intoxicating than wholesome. Strongly adulterated spirits are the cause of most of the national drunkenness. If licensed victuallers would sell good liquor, non-intoxicating as well as intoxicating, there would be no necessity for the coffee-taverns.'

The Sir Rowland Hill Memorial Fund Committee lost no time in waiting upon the new Lord Mayor, whose cordial and hearty co-operation was secured for the promotion of the scheme. The wise determination of the Committee in restricting the amount to be applied in erection of a statue to a small proportion of the fund, and applying the remainder to the permanent benefit of the heavily worked and poorly paid letter-carriers, should have the effect of largely increasing the subscriptions. Now that the Mansion-House influence is obtained, an amount worthy the object and the occasion should be raised. Every post-office and letter-carrier in the kingdom might also be utilised for the work of collection.

SUNSET.

I sat and gazed at the crimson west,
At the close of a summer's day;
The golden sun had sunk to rest,
And the children were at play.
And as I gazed, my thoughts sped fast
To the days of my youth, long fled,
To the visions bright of the happy past
And its tender hopes now dead,
And I said: this sun will rise each day,
As glorious as before;
But the sun of my life hath passed away,
To rise in this world no more.

J. B.

THE MORALITIES OF THE NURSERY— VANITY.

BY MRS. PERRIER.

WRITER after writer addresses rebukes—apparently in vain—against the ever-increasing extravagance in female dress; not only extravagance in money, but extravagance of style; which last is, in many cases, the most reprehensible. If the expenditure, however large it may be, is not too large for the income, the wearer's satisfaction in costly materials may be allowed to escape censure, on the accommodating principle that 'it is good for trade;' but there is no principle, moral or social, which can be stretched to justify the fashioning of either costly or cheap materials into shapes which endanger the wearer's health, and outrage the beholder's sense of modesty. But do those who address women on this subject in words of serious expostulation, or those who hold them up to ridicule in the comic journals, ever reflect that the disposition which leads them into these follies has been bred and fostered in the nursery? Scarcely, it may be supposed, and yet so it has been. Many years ago there was an admirable article published in, I believe, *Chamber's Journal*, entitled 'Going out to play.' It illustrated the happiness of child life, when all the requisites of dress were limited to cleanliness and neatness at all times, warmth or coolness as the season required; and when the every day costume of 'blue pinafore,' quickly changed and easily washed, made no hindrance to any amount of tumbling about, and called down no reproofs when inevitably soiled, crumpled, or even torn in the process. Would that every person who has the bringing up of our little ones might but think of this; think that naturally those little ones have no love of being fine or 'smart.' Naturally, perhaps, they have no love of cleanliness either, it may be said; but cleanliness is essential to health; and no one will be such an extreme advocate for the purely natural as to say that children should not be trained to the use of the tub, and the love of clean linen. But can any one, with any pretence of being rational, assert that children ought to be trained into the love of being fine and 'smart?' No one will assert it, most likely; but yet hundreds, thousands of women do it every day. Mothers, nurses, governesses, aunts, and elder sisters are perpetually teaching 'the young' feminine 'idea how to shoot' in the direction of elaborately trimmed costumes, and profusely ornamented head-gear; and this not only by example, but by downright precept and command. I leave it to all who have seen anything of ordinary nursery management, whether there are not more lectures delivered to little misses under ten years of age upon the enormity of spoiling the 'beautiful dress,' or the 'elegant hat,' than upon the sins of deceit or dishonesty, not to speak of selfishness or greediness. It is an awful fact; but it is a fact. It is scarcely necessary to allude to those special occasions on which this glaring vice in nursery training is allowed to appear most obtrusively. The children's party, for instance, where the little people are scolded or coaxed into the martyrdoms of chilled necks and arms, tight bodices and too small shoes, until they cannot avoid the belief that to dress elegantly is the chief duty of life, and that suffering patiently in the cause of fashion is its highest merit. Children's parties, thank heaven, are only occasions, and happily very rare occasions with a great many; but, nevertheless, the goddess who presides over the moral 'slaughter of the innocents' on those occasions, reigns daily and hourly where she should not. We

have outlived the race of beaux, thank heaven. We have no 'fine gentlemen' now; 'fine gentlemen,' in that acceptance of the word which prevailed when 'Sir Plume' was

'of amber snuff-box, justly vain.
And the nice conduct of the clouded cane;'

and which, at a later date, gave the title of 'the first gentleman in Europe' to one who, as it was truly observed, 'made the appellation hideous.'

And may not the extinction of the species be justly attributed to the different nursery management of boys and girls—to the fact that it is now recognised as not manly for boys to be foppish while it is still considered quite womanly for girls to be frivolous and vain. Womanly! The beautiful word has been degraded almost as low as it is possible to degrade any expression, by being so long applied to that order of mind which considers a fashionable garment of more importance than the fall of a nation, and which devotes itself to training the future generation in its own ideas,—that mind which dwells within a body crushed out of shape by tight stays, and mummied in useless and ugly tags and fringes of drapery, and has become so debased by its slavery as to be callous to the knowledge that it is sacrificing health and decency to its tyrant. What an atmosphere of moral corruption a nursery is in which a mother with such a mind presides, and in which the highest qualification of the nurse must, as a matter of course, be that she 'can dress the child *nicely*,' i.e., with what is called taste, and 'train them to take care of the clothes'—in other words, to give all the energies of their budding faculties to the non-crumpling of the fine frock, or the non-fraying of the pretty sash! And while all rational people would love to see the little ones rush, even to the detriment of the frock or sash, to see the new book, or hear the 'all about it' of the strange butterfly, what myriads of nurseries are in the condition above mentioned throughout this land! and, despite of 'high schools' and 'local examinations,' what an education they are giving, which, in too many cases, no after education can undo! No one will be stupid enough to suppose that in any remark made upon the subject it is intended that children should not be taught the duties of tidiness and neatness as duties—as the necessary practice resulting from the principles both of economy and self-respect. But farther even than this it is quite allowable, and even laudable, to inculcate personal neatness on the mere motive of being pleasing to those around us. None of us are justified, on any moral grounds, in offending those with whom we associate by slovenliness; and this negative principle involves, of course, the positive one, that we are justified in giving such care to our dress and to our personal cultivation as shall make us personally agreeable. The most sensible woman is not a bit less sensible because she takes pains to have her hair neatly and tastefully arranged; because she takes care of her complexion, and keeps her hands nice, and her nails trimmed; or because she wears becoming colours, and well-fitting dresses, always provided that the attention given to these matters is not taken from more important duties, which, we may venture to assert, need not be the case in one instance out of a thousand. No; it is the fact quite contrary to this which is meant to be condemned,—the fact that women will, and do, sacrifice not only their bodily health and their mental development to this passion for being 'fine' and 'fashionable'—to this vanity of having the newest hat, or the most stylish costume—but actually

sacrifice their personal beauty too, and that refinement of personal neatness which all educated people are supposed to love. Without any exaggeration it may be said—for it is a thing which is seen every day—that there is no fashion, however unbecoming to them, which some women will not adopt; while all those fashions which are pernicious to health are pernicious to personal beauty too, and are well known to be so by those who adopt them. It may well be questioned whether most of those women are not past the power of remonstrance on this subject as regards themselves; but if they only could be persuaded to keep their influence out of the nurseries, we might have some hope for the rising generation. The beaux are extinct; how happy we should be to be able to say the same of the belles!

DEAN STANLEY ON COFFEE TAVERNS.

A COFFEE tavern which has been newly erected at 183, Wardour-street, Oxford-street, was opened on Saturday afternoon by Dean Stanley, accompanied by the Hon. Lyulph Stanley and the Hon. Rollo Russell. The house has been established under the auspices of Miss Stanley, and is of the usual type of the places of similar character built by the London Coffee Tavern Company, and is to be carried on in the same style of business as the latter. No intoxicating liquor will therefore be permitted to be consumed on the premises, but all other refreshments, solid or fluid, will be sold to customers at as cheap a rate as is consistent with the carrying on of the business on an independent footing.

The Hon. LYULPH STANLEY, addressing the large concourse of people who had assembled in the bar of the house, said that it appeared very desirable to him that there should be places of this sort established in the metropolis where the general public could get some temperate refreshment, and spend a pleasant half-hour or so in conversation. He thought that the best thing for London would be a multiplication of such places and working men's clubs, where those living in the different neighbourhoods might be able to meet each other without feeling obliged to drink more than they otherwise would for the good of the house.

The DEAN OF WESTMINSTER, who was received with applause, said that the chief reason why these coffee taverns were established was the good of the community of the neighbourhood in which they were erected. But there was one special reason in the present day why it was desirable to have them, and that was as a resource, an employment, an amusement, and a means of instruction to those who used them, and to keep the latter from other sorts of amusement which were in themselves bad. Of course a great deal of the evil arose from the drinking which went on around us. There were a great many ways of getting rid of this evil, but none so good as to put something better in its place. He had heard that if red Peruvian bark was constantly taken, it gave the taker a complete disinclination for every strong drink, and he hoped that these coffee-houses would act on the masses as the drug he had mentioned on individuals, by teaching their hearts, minds, and stomachs to reject that which was bad. Dr. Chalmers had once written a very excellent discourse on 'The Expulsive Power of New Affection,' and what the promoters of the building they were then opening wanted was to find a new amusement and employment, which might act as an expulsive power against all that was bad, foolish, debasing and low. That was the kind of institution the coffee-house was intended to be.

Besides the food they could obtain there, they had employment for the mind in their leisure hours in the shape of the books and newspapers provided. When he went to America, almost the first question asked him was, 'What do you think of our institutions?' and in a very short time he gave the answer that he thought their public libraries the best they had, and their newspapers the worst. Their newspapers were far below those in England, because they were filled with all kinds of ridiculous nonsense and private tittle-tattle, which we did not find in the best English journals. The Dean then went on to remark that the promoters of 'The Stanley Arms Coffee Tavern' very much desired that the institution should be self-supporting, and conducted on good solid business principles, so that it might be a place of resort for the people in the neighbourhood long after those present might be no more.

The Hon. ROLLO RUSSELL then said a few words, after which votes of thanks were passed to Miss Stanley and Dean Stanley for the interest they had taken in the work, and the proceedings closed.

AN AMERICAN VIEW OF ENGLISH HOUSEWIFERY.

IN America the traveller is, as to any sort of accommodation, restricted in town or country altogether to the hotel or tavern. In England it is not so. There many of the poorer people earn a little money by laying themselves out for the accommodation of a class of travellers. Footing it along the country roads, one may often see in cottage windows the humble pencilling, 'Hot water for visitors.' This puzzled me at first. Eventually I discovered it to be an adaptation to the wants of the economical Englishman on foot with a few 'markings' of tea in his pocket. Desirous of refreshment, the cottager furnishes him with hot water, cup, saucer, and table for a penny. Nor is the housewife at all 'put out' should he desire a bit of toast, or a poached egg, or a bit of ham. In the towns and villages you find also 'kitchens' for public accommodation. The kitchen may occupy the front room of the cottage. It is wonderful homelike and cosy. Every foot of the walls is occupied by shelves or glass closets, and on them or in them are plates, platters, cups and saucers of quaint construction and figure. Brightly burnished kettles and pans hang about. Overhead on racks hang flitches of bacon, and unbaked oatmeal cakes. Every spare place is occupied by engravings from the English pictorials. The coal fire is always burning, the tea-kettle gently steaming on the well-cleaned 'hob,' the family cat meditates by the fire. There are old-fashioned tiles all about the grate, the shelf is covered with sea-shells and humble ornaments in tinzel or plaster, which befit the place. The chest of drawers with bright brass handles is there; honey-suckle clammers over the window; hollyhocks nod in the garden. It is a museum. One needs a week to take it all in. There may be but a couple of tables. Half a dozen customers constitute a rush. A cold roast may be temptingly displayed in the windows. Tea and toast, ham and eggs, a chop, steak, and a few 'cold cuts' constitute the entire bill of fare. But with any of these and a good appetite and the quaint, cosy, old-fashioned, comfortable atmosphere of the kitchen, and the English deference and attention to your wants, isn't it better for the time being than the clang, bang, whang of a monster hotel, a monster dining-room, a monster menu, and a monster waiter standing over you during the whole meal to see that you eat it all up? The English housewife doesn't appear to be so easily 'put out' as her American sister. A call for any simple dish at any time of day doesn't derange the English household economy. Send down at three o'clock in the afternoon for a cup of tea or coffee, and though the kitchen fire may be very low, as most private kitchen fires are at 3 P.M., yet they poke a long funnel-shaped tin vessel with a sharp end down in the hot ashes, and lo! it soon develops hot water. Everything needful seems close at hand in the English kitchen. They don't poke kettles and broiling irons away in sink closets or other holes, curiously and diabolically contrived by American kitchen architects for breaking women's backs and tempers. They don't build kitchens in three separate rooms, and necessitate the travelling of one thousand steps from pantry to closet and from one room to another to set a table with a lay-out for one person. These old-fashioned English kitchens 'save steps.' Too many of ours make them. I fear in this respect we have departed from the footsteps of our Anglo-Saxon ancestors.—Pren-tice Mulford, in *San Francisco Chronicle*.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

Procrastination has been called a thief—the thief of time. I wish it were no worse than a thief, It is a murderer; and that which it kills is not time merely, but the immortal soul.—*Newins.*

Will Fortune never come with both hands full,
And write her fair words in foulest letters?
She either gives a stomach and no food—
Such are the poor, in health; or else a feast,
And takes away the stomach—such are the rich,
That have abundance, and enjoy it not.

Shakespeare.

Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience, and we soon shall see them in their proper figures.—*Addison.*

No thoroughly occupied man was ever yet very miserable.—*Loudon.*

There is little pleasure in the world that is true and sincere, besides the pleasure of doing our duty and doing good. I am sure no other is comparable to this.—*Tillotson.*

A man that knows how to mix pleasures with business is never entirely possessed by them: he either quits or reserves them at his will, and in the use he makes of them he rather finds a relaxation of mind than a dangerous charm that might corrupt him.—*St. Evremond.*

What constitutes a State?
Not high-raised battlements, or labour'd mound,
Thick wall, or moated gate;
Not cities proud, with spires and turrets crown'd,
Not bays and broad-arm'd ports,
Where, laughing at the storm, rich navies ride;
Nor starr'd and spangled courts,
Where low-brow'd baseness wafts perfume to pride.
No!—men, high-minded men,
With powers as far above dull brutes endu'd,
In forest, brake, or den,
As beasts excel cold rocks and brambles rude;
Men, who their duties know,
But know their rights; and, knowing, dare maintain,
Prevent the long aimed blow,
And crush the tyrant, while they rend the chain,
These constitute a State!
And sovereign law, that state's collected will,
High over crowns and thrones elate,
Sits empress, crowning good, repressing ill.
Smit by her sacred frown,
The fiend discretion like a vapour sinks;
And e'en the all-dazzling crown
Hides his faint rays, and at her bidding shrinks,
Such was this heaven-lov'd isle,
Than Lesbos fairer, and the Cretan shore!
No more shall Freedom smile?
Shall Britons languish, and be men no more?
Since all must life resign,
These sweet rewards which animate the brave,
'Tis folly to decline,
And steal inglorious to the silent grave.

Sir William Jones.

Justice is as strictly due between neighbour nations as between neighbour citizens. A highwayman is as much a robber when he plunders in a gang, as when single, and a nation that makes an unjust war is only a great gang.—*Franklin.*

THE HOUSEWIFE'S CORNER.

TO FRY POTATOES.

Put plenty of grease, boil them first, cut thin and cook fast; too little grease spoils all fried things.

DIET BREAD.

Beat the yolks of twelve eggs, then add by degrees a pound of loaf-sugar sifted very fine, the grated rind and juice of a lemon, eight ounces of flour well dried, and lastly the white of six eggs beaten to a froth; beat it an hour, and bake it an hour in a moderately brisk oven. This is a very excellent cake.

NORTON PLUM-PUDDING.

To a pound of bread-crumbs pour a pint of boiling milk, cover it with a plate for an hour, then stir in four ounces of butter, six eggs well beaten, a pound of raisins stoned, a pound of currants; lemon-peel, mace or nutmeg, and sugar to the taste; boil it three hours. If it be requisite to add a little flour, boil it an hour longer. A large spoonful of potato-flour is a great improvement.

TO BOIL SPROUTS OR GREENS.

Pick and wash your sprouts very clean, take them out of the water to drain; have water boiling in a pan, put them in, boil them quick, take off the scum as it rises. When they are tender, take them out and drain them, for if suffered to remain in the water after they are enough, they will not only lose their colour, but also their flavour. Serve them up with good melted butter.

PORTRAITS.

THE following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly.

Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

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HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

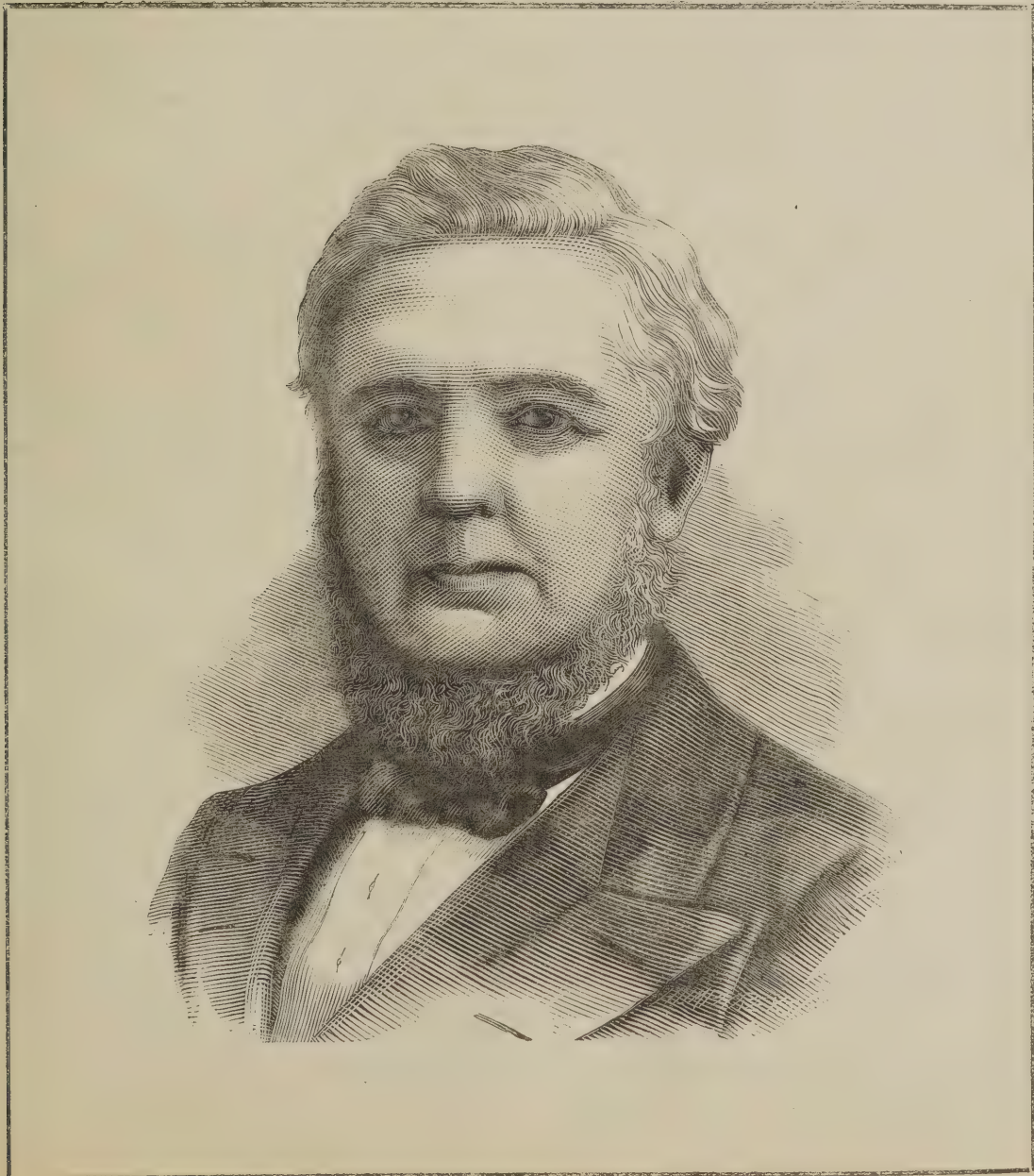
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 45, Vol. II.]

SATURDAY, NOVEMBER 29TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



SIR SYDNEY H. WATERLOW, BART., M.P., ALD.

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NEW YORK: M. L. B. & CO.

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1879

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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SIR SYDNEY HEDLEY WATERLOW, BART., M.P., ALD.

No apology is necessary in introducing Sir Sydney Waterlow to the readers of *House and Home*. Indeed, to the large section of our readers specially interested in the Improved Dwellings' Movement, he is an old friend, needing no introduction whatever.

Sir Sydney, the youngest son of the late James Waterlow, Esq., of Peckham, was born in London, in the year 1822. At fourteen years of age he left the Grammar School, Southwark, where his progress had been highly satisfactory to the master, the Rev. L. Sharpe, and was apprenticed to the late Mr. Thomas Harrison, Government Printer, whose confidence he so completely gained, that he was placed in charge of the Cabinet Printing Press at the Foreign Office, Downing Street. When twenty-one years of age he accepted an appointment in the establishment of Messrs. Galignani, of Paris. In 1844 he joined his father and brothers in the London Wall business, where, for more than twenty years, he devoted himself to the development of that colossal house known as Waterlow and Sons, Limited. In 1845 he married Anna Maria, youngest daughter of William Hickson, Esq., of Fairseat, Wrotham, Kent. Of his family eight children survive, five sons and three daughters.

He was unanimously elected to the Common Council in 1855, for the Ward of Broad Street. In 1861 a special vote of thanks was accorded him by the Corporation of London for devising and establishing the system of over-house telegraphs, which proved most valuable to the city police. In 1863, Sir Sydney was elected Alderman for the Ward of Langbourn, in succession to Mr. Alderman Cubitt.

In this year he originated the Improved Industrial Dwellings Company, Limited, having, in the previous year, erected at a cost of several thousand pounds a block of dwellings for the working classes, affording accommodation for eighty families. Although provided with every convenience, these tenements were let at moderate rents, and produced a good return on the outlay. Mr. Matthew Allen was the builder of the block, which embraced many novel features. This experiment, made by Sir Sydney *with his own money*, should not be lost sight of, as it afforded a basis for establishing and extending the Company, with the success of which his name is so closely and so

honourably associated. Our space will not allow us to state even what has been accomplished by the Improved Industrial Dwellings Company, much less to trace its progress from 1863 to the present time. This we hope to do shortly, as the operations of the Company form an important feature in the Improved Dwellings' Movement. We may say, however, that the present capital of the Company is £1,000,000, and that by the time it is expended accommodation for 25,000 persons will be provided.

On the occasion of the public opening of the first block of buildings erected, Sir Sydney took the ground that the reform of the dwelling was the basis of moral, social, and even religious progress. In responding to his health, proposed by Lord Ebury, he said :

'So long as the working-classes are compelled to live in close, inconvenient, badly devised and overcrowded dwellings, it was impossible to make them thoroughly feel and appreciate the great truths of the Bible. He was thoroughly convinced that before the preaching and teaching of ministers of religion could have that beneficial effect on the labouring-classes which they all looked forward to, the demoralising influences which now surrounded the poor in their homes must be removed.'

On the 4th of April, 1872, a letter from Sir Sydney appeared in the *Times*, in which he pointed out the great hardship which would accrue to many thousands of the working classes who would be evicted from their houses by several projected railway and improvement schemes. The cause of the poor was pleaded with great ability and earnestness, and had Sir Sydney's suggestions been adopted, much of their subsequent suffering would have been avoided.

Sir Sydney has watched with a jealous eye the Metropolitan Board of Works in its dealing with the Artizans' Dwellings Act. In the spring of the present year he addressed a letter to Mr. Cross on the subject, explaining the reasons why his Company had not tendered for the purchase of the land advertised to be sold for the purposes of the Whitechapel and Limehouse scheme under the Artizans' Dwellings Act of 1875. The Company complained that the conditions and stipulations imposed by the Board were incompatible with the scheme set forth in the Act. If the Board had simply stipulated for the number for which accommodation must be provided, with sanitary arrangements, etc., such as they (the Board) could approve, he (Sir Sydney Waterlow) believed offers would have been made, and the land could have been dealt with advantageously alike to the occupiers and the investors, as well as in strict compliance with the intentions of Parliament, as defined in the Act. As the conditions then stood, it was doubtful whether, if the land were to be even given away, it would realise the moderate return of five per cent. on the buildings to be erected ; and, unless five per cent. could be realised, it would be idle to expect that sufficient funds could be raised for the work.

His persistent action and pungent criticism no doubt led to the modification of the Act obtained in the late Session of Parliament, and he is entitled to the gratitude of the London poor for his constant advocacy of their claims.

We are more concerned to present Sir Sydney's beneficent and successful labours to improve the condition of the people than to chronicle his official connection with the City of London. But we must record that he served as Sheriff in the year 1866-67, and as Lord Mayor in 1872-73. Several notable events occurred during those years, and for public service rendered Her Majesty conferred upon him the honour of a baronetcy. Mr. Gladstone, then Prime Minister, conveyed Her Majesty's intention in the following words: 'I cannot convey to your Lordship the tender of this honour without adding the lively satisfaction I feel in making it to one who, independently of the high office which he holds, has deserved so well of the people of this great metropolis for his intelligent and indefatigable philanthropy.'

At the General Election of 1874 Sir Sydney was returned, with Sir John Lubbock, to represent Maidstone; and, in the same year, a large Court of Governors of St. Bartholomew's Hospital, presided over by the Prince of Wales, unanimously appointed him treasurer of that ancient institution. The hospitality of Sir Sydney on the occasion of the recent visit of his Royal Highness to the hospital will be still fresh in the recollection of our readers.

In addition to the offices and commissions he holds in his own land, honours have been showered upon Sir Sydney Waterlow by the Crown of Italy, the Sultan of Turkey, the Shah of Persia, and the President of the French Republic. He was Juror for Great Britain at both the Philadelphia and Paris Exhibitions, and was President of a section of the latter.

It will be seen that a busy life, and one largely devoted to the public service, has not prevented Sir Sydney from labouring for the social and intellectual advancement of his poorer fellow citizens; and when the rewards monarchs have showered upon him will be forgotten, and the glories of civic life shall have faded from remembrance, the work done for humanity will remain, bearing rich fruit throughout the coming ages.



HYGIENE.

BATHING—RECOVERY FROM DROWNING.

WE recently reprinted from the *Newcastle Chronicle* an article upon this subject from the pen of Dr. Newton: the following interesting note is taken from the same paper of Saturday last: 'I find in the proceedings of the "Congrès de Sauvetage," held at Paris, a fact so remarkable, and bearing so directly on some things that have long puzzled me, that I offer it to your notice, with a few suggestions thereon. The latest addition to the treatment of the apparently drowned is insufflation of oxygen. Bags of it are to be kept ready for the purpose. But here is the astonishing fact. Dr. Coignard and the chemist Duflot, both of the Rue de Trevis at Paris, began to treat a woman who was suffocated, and to all appearance dead, at 8 A.M., with oxygen thus blown into the lungs. They persevered till nine the next morning, and at last succeeded in restoring the woman to life! This is so astounding that I quote the exact words of the *Petit Journal*, Sept. 22:—"L'inspiration réurrection d'une femme asphyxiée après plus de vingt-quatre heures

de secours 'uninterrompus, et alors que tout espoir semblait perdu.'" The inevitable corollary seems to be that drowned persons are often not dead when all the usual care has been used in vain. I have often asked doctors and chemists, when very weak, for a bladder of diluted oxygen to breathe, but they have always disapproved of the idea. On this coast, and probably elsewhere, the belief is firmly fixed in the people's minds that a drowned man always bleeds at the mouth if you mention his name. When I first heard this, it seemed to me to indicate that death had not occurred. I remember once, twenty years ago, lying, as I thought, merely very drowsy, under the influence of opium (suffering from chicken-pox at the time), when someone knocked at my door. I tried to say "Come in," but I found it impossible to do so; I tried to open my eyes, but it was equally impossible. Under the influence of apprehension, and by tremendous efforts—though how I proceeded to make these efforts I cannot tell—I at last succeeded in regaining the power of motion. But if I had not become aware just then that I had no power available but thought and hearing, might I not have died in a few minutes? May not some (at least) of these apparently drowned be in a similar condition? And may not the alleged hemorrhage be caused by unsuccessful efforts to move? I was told one day, at a country house in France, that a poor man had fallen down dead. I found that he had fallen into a pool, face downwards, while eating some bread, and, from what I could gather, was allowed so to remain for some time, though two men were working near. When I came, he had been laid on his back. I put my hand inside his clothes, over his heart, and was certain I felt a pulsation. I poured some brandy down his throat, and with great difficulty persuaded the little crowd that had gathered to act on the supposition that the man was not dead. A Sister of Charity agreed with me, and I sent a man on horseback for the nearest doctor, four miles off. When he came, from one to two hours had elapsed since the accident. He began by having the man placed in a sitting position right in front of an enormous fire (the proper treatment in fainting being, on the contrary, to keep the head *low*), and then stuck his lancet into the man's foot "as if he were killing a pig," as the Sister remarked to me afterwards. The blood flowed instantly and freely. He was therefore surely not then dead. However, he never showed any more signs of life. I believe he was killed by mistaken treatment, and, as it would now appear, insufflation of oxygen might have brought him round. I should like to know whether animals ever faint; whether fainting was known to the ancients as a normal, common thing; and whether, if peculiar to man, it is not caused by the unnatural work put on the heart by so much of the upright position. I have heard that shopmen seldom live over thirty-five years; yet their calling is not so laborious as many others which let men live long; but shopmen are always on their legs. I am inclined to think that death (without violence) does not occur with the last breath. On the other hand, the mere pulsation of the heart need not argue actual life: a spider's leg will twitch hours after the spider is crushed to pieces. I have seen a wasp cut in two, and supposed to be killed; but six hours after, both parts were still endowed with motion. That the head and wings should be so is not so surprising; but that the body, laid on its back, should dart out its sting, always *towards the side* on which the body was touched, did seem to me very strange. The question remains—now that even twenty-five hours' suspension

of breath and pulse is proved to be no obstacle to recovery—what is death? and is even decomposition a proof of it? For this sometimes sets in before even speech has left the sufferer. Common usage makes no distinction between “still-born” and “dead-born;” in French, *mort-né* is the only word. Yet children certainly do come into the world sometimes who, without extraordinary applications and perseverance would never give any sign of life at all. May not the oxygen treatment largely increase the number of these?—A. P. S., Portnic, France.



DIETETICS.

HOW TO FEED AN INFANT.

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of ‘*The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime*,’ ‘*Infanticide*,’ ‘*Baby Farming*,’ etc., etc.

THESE papers have excited so much interest, and have been so warmly commended by the Press, that it has been decided to reprint them. They will, consequently, be issued in a neat volume at one shilling.

FURTHER PAPERS BY DR. BENSON BAKER.

NEXT week will be published the first of a short series of papers by Dr. Baker entitled:

NOTES ON SOME OF THE COMMON AILMENTS OF INFANCY,
TOGETHER WITH THEIR PREVENTIVE HYGIENE AND CURATIVE TREATMENT.

These papers will form a fitting sequel to ‘How to Feed an Infant.’

THE ADULTERATION OF BUTTER.

By R. CLARK NEWTON, L.M., C.M., M.R.C.S.L.

BUTTER is the fat of milk, and is prepared by churning either the milk itself or cream. The agitation is thought to fracture or burst the thin, transparent membrane surrounding every fat globule, so that, on the liberation of these, they can run together and become agglomerated. As soon as butter is formed, it is taken from the churn and well-washed in water, and kneaded at the same time, with the intention of freeing it of the curd or whey. Salt is then added, to impart flavour and assist preservation. Butter consists of two fixed principles and several volatile acids, and to the latter it owes its peculiar flavour or aroma. The fixed principles form 98 per cent. of the whole, and the volatile flavouring compounds supply the remainder. Such is the constitution of the fatty matter of butter, but, as supplied in commerce, it contains other legitimate ingredients, viz., water, salt, and curd; but the fat exists, in a good sample, in the proportion of about 86 per cent. An excessive quantity of water and salt are frequently added to butter for the purpose of increasing its weight.

And, first, as to the *water*. In butter of good quality this should not exist in greater quantity than 5 to 10 per cent., but it is astonishing how much more can be incorporated for fraudulent purposes. Here is an extract from the confession

or statement of a butterman, contained in a letter to the *Lancet*:—‘The adulteration process is to bring the butter to the melting-point, and then stir it in water and salt until the mixture is cold. Fifty per cent. of water may be incorporated with butter in this way; but when you make your purchase, say half a pound, a considerable portion of the water of adulteration will escape, and if you put it in paper, considerably more will be lost.’ The same correspondent says, in a postscript to his letter, ‘40,000 to 50,000 casks of adulterated butter are annually sold in London, and the trade knows it as well as they know a bad shilling.’ Butter so concocted is known to the trade as ‘Bosh’ or ‘Hollands,’ and though so flagrant and wholesale an addition of water is perhaps now seldom ventured upon, it may still be well to be on guard against the imposition. The eye alone can usually detect excess of water, or the butter may be melted and poured into a bottle, and placed in a warm oven for half-an-hour. Then, the oil of the butter being lighter than water, it will float upon the surface of the latter. The quantity of water present may then be readily estimated. It should not exceed from a twentieth to a tenth part of the whole depth of the fluid contents of the bottle, but if it separates a half or a third, then the sample has been adulterated. *Salt*.—This is found in all butters. In fresh it should not exceed one per cent., and in salt six to eight per cent. Its presence in undue quantity may be best and readily detected by the palate. As salt butter contains more salt and water than sweet, even when not adulterated, and as the difference in price between the two is usually so small, we suggest that it is doubtful economy to use salt butter in preference to sweet. *Curd*.—If this substance is not carefully washed out of butter, it increases its bulk, and the butter also soon becomes rancid, a result produced by the curd acting as a ferment, and setting free the fatty acids. If it is desirable to preserve butter for some time, it may be melted and thoroughly shaken with boiling water; it will then keep for long, owing to the complete elimination of the curd or caseine, though some of its flavour will be destroyed. And very rancid butter may be restored by shaking it well with two or three lots of boiling water—the explanation is simple—the free and acrid fatty acids are washed out. The melted butter is poured into ice and water, and will, after such process, pass in the shops for new butter.

A medical student describes, in a letter to the *Lancet*, another method by which inferior butter is elaborated into a passable article of commerce. He says, ‘Having taken apartments in the house of a butterman, I was suddenly awoken at three o’clock one morning with a noise in the lower part of the house; and, alarmed on perceiving a light below the door of my bedroom, conceiving the house to be on fire, I hurried downstairs. I found the family busily occupied; and, on expressing alarm at the house being on fire, they jocosely informed me they were making Epping butter. They unhesitatingly informed me of the whole process. For this purpose they made use of Irish salted butter of a very inferior quality. This was repeatedly washed with water, in order to free it from the salt. This being accomplished, the next process was to wash it frequently with milk, and the manufacture was completed by the addition of a small quantity of sugar. The amateurs of fresh “Epping butter” were supplied with this dainty, which yielded my in-

genious landlord a profit of at least one hundred per cent., besides establishing his shop as being supplied with Epping butter from one of the first-rate dairies.'

It is well known that butter is now extensively adulterated by the addition of several kinds of animal fat. The samples were so skilfully manufactured as for long to defy the skill of the analytical chemist. However, a discovery has been made which has laid the foundation of a new and reliable system of butter analysis. It was found that all fats obtained from the dead animal contained *insoluble* fatty acids in the proportion of 95 per cent. of the whole, and that 100 parts of pure dry butter fat contained only on an average 86 per cent. of insoluble acids; therefore, if a weighed portion of butter (deprived of all curd, salt, and water) contains more than 86 per cent. of insoluble acids, then it is evident some other fat has been added, and its proportion can be calculated.

We now come to the article sold as butterine. This is manufactured from some animal fat which is washed repeatedly in steam under high pressure, and afterwards pouring the liquid fat into iced-water. It is usually prepared from tallow, that is, refuse beef and mutton fat. The half-believed idea that it is manufactured from Thames mud is of course absurd. It is to be regretted that prejudice stands in the way of its general use, even if it were made from horse and other fats; then, chemically speaking, the composition of the product would be the same, viz., oleomargarine. Taking into consideration the purifying method adopted in the manufacture of butterine, we would personally prefer that article to a large portion of the cheap, washed-up rancid butter found on sale.

We may offer some remarks upon this new substitute for butter by Mr. L. S. Hardin, which appear in Cassell's 'Dairy Farming.' He says:

'It has one quality that will make it a dangerous rival with even the highest grades of butter, and that is its keeping quality. Being only tallow to begin with, after the severest test it remains only tallow, while even the best butter rapidly changes its chemical nature after it has once entered the field of dissolution. In texture, colour, and quality, aside from its excellent keeping quality, this oleomargarine butter is not only a dangerous rival for the higher grades of butter, but I am most seriously alarmed lest it should supersede our farm butter altogether. There is a greater quantity of this butter, made principally on the Continent, sold in the English market than people generally are aware of. We do not consider this in itself an evil, because it becomes each year more difficult to produce real butter in quantity sufficient to meet the public demand; but we must record a strong protest against the gross commercial immorality which is involved, not in the manufacture of this artificial butter, but in palming it off on the public as genuine milk butter. The manufacture of this butter, and the sale of it under existing conditions of demand, are equally justifiable; what is not justifiable is the sale of it under a false and deceptive designation. Artificial butter, when sold as such, is a perfectly legitimate element of commerce, and when made by a sound and careful process, may be credited with being an honest supplement to the list of our pre-existing foods; but there is much of it now in the market that is not so manufactured, and that is quite unfit to be considered a fair article of food. Artificial butter, made from good beef or mutton fat, and by a careful and correct method, whether sold to be eaten as it is, or to be used by pastrycooks, is a product for which there is an opening that is likely to become larger each year; but it will be incumbent on those who are on the look-out for adulteration to narrowly watch the artificial butter market. The method of

its production is one that admits of and induces the employment of improper and dangerous materials, and if watered milk brings the lash of the law on those who water it, we may reasonably expect that they shall not escape who make or sell artificial butter that is not what it ought to be. At the same time, the production of a genuine article—an article that is made from sound materials—may very properly be encouraged, providing always that it is not sold under false pretences.'—*Newcastle Chronicle*.

THE METROPOLITAN WATER TRUST.

To the Ratepayers—A Warning.

BY HENRY CRATHERN.

ON the 15th instant were published the necessary notices of intention to apply to Parliament for leave to bring in a Bill to authorise the purchase of the Metropolitan Water Companies. The advertisement, as the date above shows, was published on the Saturday; and *Lloyds'* of next day, with more haste than discretion, noticed them in a paragraph in which it said:

'From this it is argued that the Home Secretary intends to fulfil his promise to deal with the important subject in the coming Session. Consumers may, therefore, look hopefully forward for an improvement in the supply of one of the chief necessities of life.'

That this was a rash statement, and, in the light of the advertised notice, a baseless statement, an inquiry into its clauses will quickly show. Yet the paragraph was repeated on the 23rd without alteration!

The *Echo* of the 10th also noticed the advertisement, in one of its pungent paragraphs, and remarked thereupon:

'By the profusion and cost of advertising, presumably it must be by Government sanction. Unfortunately, there is nothing in the notice to prove it. It is not signed by order of the Treasury or the Board of Trade. The ratepayers are still in the dark as to who their proposed benefactor is. It is equally unfortunate that it proposes an addition to the 3,500 people already governing London, and defers, by its weakness of proposal, the prospects of a Municipal régime.'

But even this notice, though it touches in a great measure upon the very points I had sketched out for my own argument, is by no means of such an inquiring nature as the importance of the subject and the weakness of the scheme alike demand.

As shortly summarised, the Bill is to provide for the 'compulsory sale to a Metropolitan Water Trust, to be constituted' by the intended Act, and vesting in it of the undertakings of the Metropolitan Waterworks Companies; power to the Metropolitan Water Trust to supply water in the Metropolis and to districts beyond the Metropolis now included within the limits of supply of Companies whose undertakings are [?] to be] acquired; dissolution of Companies; creation and guarantee of stock; borrowing, rating, and other powers, and amendment of Acts.'

The first clause of the advertised scheme runs thus:

'To authorise and empower the purchase by agreement or compulsion by or on behalf of a public trust to be called "The Metropolitan Water Trust," to be constituted in the intended Act, of the undertakings of the Companies hereinafter named, or any of them, or any part of such undertakings, and to authorise and require such Companies respectively to sell their undertakings, or any parts thereof by agreement or otherwise.'

In the first place we would ask : *Who are to form the Trust?* As the *Echo* has pointed out, there are already some 3,500 individuals concerned more or less influentially in the Government of the Metropolis. Is it wise to add yet further to this number? The matter in hand, moreover, is one of vital interest—a great necessary of life—in every way as great a necessary as the bread by which we ‘do not live alone’—and is it right that the control of one of the great necessities of existence should be handed over to the tender mercies of an unnamed, and, what is more, utterly unnamable, body of men of at least doubtful public note?

In the second place : *What is to be the constitution of this Trust?* The question at issue is one which concerns the future of nearly four million souls, and a yet larger number in the course of a lustrum or two, and it would have been far wiser of the promoters of this proposed Bill had they had the grace to sent round to the Press an explanatory circular, giving the particulars, so necessary to a right appreciation of their aims, which could not be included in the formal notice of intention. The course would have been an unusual one, I admit; but the occasion is also unusual—in fact, it is a matter for doubt whether there ever yet was a Private Bill proposed to deal with a matter of such national importance. It is not the water supply of London alone that is at issue—it is the water supply of the capital; and, as there is no one, throughout the length and breadth of the land, who can say that some day circumstances may not compel him to a residency in the capital, just so is the question one of national importance. Are the Trustees to be elected periodically, or are they to be appointed for life? There is really nothing to guide us upon the matter. There is a clause giving these Trustees rating powers. Surely there is no design of trying to force upon the metropolis, in this day of advanced ideas, anything approximating to a principle of rating without representation? If rates are to be levied, it must be *demanded* that the ratepayers have a voice in the determining of who are to be their rate-masters and their assessors. Again, if the Trustees are to be appointed to their offices, who are to be the appointers? If the Crown, it will be but another opening for jobbery; if the vestries, it will be but another opening for bungling; if the Metropolitan Board, it will be but another opening for incompetence and folly, and maladministration and heavy rating will assuredly go hand in hand.

Another question which may be asked is : *What arrangements have been made for the payment of the expenses of this proposed Bill?* The cost of promoting a Private Bill in Parliament, even when its promotion is carried out on the most economical basis, amounts in the majority of cases to no mean sum; but where, as is now the case, the advertising is on a lavish and seemingly ‘irresponsible’ scale, it will no doubt be augmented by many unnecessary items. Who is to pay the bill for the promotion of the Bill? Is the money therefor to come out of the already heavily oppressed pockets of the metropolitan ratepayers, or is the whole to be borne by the anonymous author or authors of the measure? If the latter is the case, and the Bill is made reasonably workable, the metropolis may congratulate itself upon yet possessing men of magnanimous spirit and nobly generous nature; but if the former, who is it that is the author of this needless and extravagant expenditure,

and whence comes his authority to act in the matter at all? It is true that it is time something were done in the matter; but it is not pleasant to consider that an unknown somebody is but too probably heaping up fresh additions to the existing calls upon the purse of the metropolitan ratepayer.

What has become, at this juncture, of the existing Water Supply Committee? They are either equally in the dark with others upon the subject, or they know something more than is generally known. That this new movement does not originate from them can be well believed: otherwise they would surely have given some intimation of it at their last meeting. Where are they, and what are they doing? The least that can be expected from them at this point in the procedure is that they shall solve this question for the ratepayer: whether or not the costs of the promotion of this projected Bill are to be included in the costs of the purchase of the Water Companies?

These, then, are some of the questions that spring up for consideration on a first view of the advertised scheme. But they are not all.

(To be continued.)

LONGFELLOW'S EXCELSIOR V. EXCELSIUS.

A propos to America, did you ever hear the reason why Longfellow's well-known poem is called ‘Excelsior’ and not ‘Excelsius’? Or, did you ever notice that the cry inscribed on the youth's flag was an adjective and not an adverb? If you did not, others did; and, amongst others, an Italian gentleman, who lately wrote as follows to a literary paper, *La Rassegna Settimanale*: ‘The article headed, “The 72nd Birthday of Henry W. Longfellow,” which appeared in No. 75 of the *Rassegna*, reminded me that towards the end of August, 1873, encouraged by a friend of the American poet, I wrote him a note to ask him about the motive that had induced him to select *Excelsior* instead of *Excelsius*, as I thought it should have been, in accordance with correctness of language. My little query had the honour of the reply which I here offer to the public, thinking that perhaps I have not been the only reader of “EXCELSIOR” to whom the selection of the masculine adjective in preference to the neuter adverb in the title of that famous poem may have given food for philological meditation.—Yours, V. CESATI.’

‘CAMBRIDGE, Feb. 5th, 1874.

‘MY DEAR SIR,

‘I have had the pleasure of receiving your card with your friendly criticism on the word “Excelsior.”

‘In reply, I would say, by way of explanation, that the device on the banner is not to be interpreted “ascende superius” but “scopus meus excelsior est.”

‘This will make evident why I say “Excelsior” and not “Excelsius.”

‘With great regard, yours truly,

‘HENRY W. LONGFELLOW.’

The St. Mary's College Miscellany (Peckham).

To find fault is easy, and in every man's power; but to point out the proper course to be pursued in the correction of faults, that is the proof of a wise counsellor.

It has been well remarked that moralists as little think of putting all their maxims into practice, as shoemakers think of wearing all the boots and shoes they make.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.



LONDON: NOVEMBER 29th, 1879.

THE MORTALITY OF RICH AND POOR.

In many respects the march of civilisation has not been one of uninterrupted progress, and in many cases the progress made has not been of the best kind possible. It may be allowed that the very rapidity of the advance during the last three centuries has been unfavourable to the successful carrying out of the changes inaugurated; but it cannot be granted that a return to the *status quo* would be of any avail in remedying the lapses. Feudalism had its good points; but no one wishes to return to it. When, as was the case up to the period of the Commonwealth, the nobility had to supply the sinews of war—both the men and the money—there was no cry about having 'the ships,' 'the men,' and 'the money too,' neither was there any likelihood of the country being plunged into a series of money-wasting wars, as is now the case—now, when the men and the money have both to be supplied by the people at large. But no one wishes to revert to the old system merely because it would relieve the masses of a present burden of twenty or thirty millions annually and an untold addition to the National Debt in the future. Under the feudal system, also, each baron was responsible for the welfare of the people subsisting upon his lands. Sometimes, as we have all read, the lord of the land took too great an interest in the goods and chattels of his semi-serfs; but there was then no necessity to spend upon workhouses and the supervision of relief more than the amount paid for actual assistance to the poor. Nor should there be now, under a proper Poor Law system; but the Poor Law we have is not the Poor Law we should have—indeed, the

system we now have seems to have been designed to prove the truth of the words, 'the poor are with us always.'

The congregations of poor in our large cities, every year growing larger and larger, are a fruit of one of these lapses of civilisation. The remedy is to be found, but year after year passes away, and no effort is made to apply it, while still the mass of poverty increases, ever assuming more and more threatening proportions. The poverty of the poor is not their only or their worst burthen—death, early death is the penalty for the crime of living, for such it is under our present social system, and the poor of the large cities have before them the depressing shadow of an early grave. Dr. C. R. Drysdale, the Senior Physician to the Metropolitan Free Hospital, has recently made public some interesting statistics bearing upon this subject, in which he points out that in 1843 the Sanitary Commission found, on inquiry in Bethnal Green, that the mean age at death among the families of the gentry, professionalists, and richer classes of that part of London was forty-four, whilst that of the families of the artizan class in the same locality was about twenty-two. The same result, he states, had been obtained in Paris some years before, when it was found that from 1817 to 1836 one inhabitant in fifteen died in the Twelfth Arrondissement, inhabited by the poorer classes, as against one in sixty-five in the Second Arrondissement, the quarter of the rich; and M. Villermé, of Paris, an able writer on public health, pointed out that between the ages of forty and forty-five the death-rate per 1000 among persons in easy circumstances was 8·3, whilst it was 18·7 amongst poor people of similar ages, *i.e.*, nearly two and a half times as great among the poor as among the rich of these ages.

'The high death-rate of many of our cities, such as Dublin,' Dr. Drysdale proceeds, 'is probably owing mainly to the indigence of the poorer inhabitants when compared with those of London and Paris. Subsequent statistics of a London assurance company (Ansell) disclose that, among the children of well-to-do people in England and Wales, clergy, lawyers, medical men, etc., there die only some eight per cent. in the first year of life, as against twenty, thirty, forty, or even fifty per cent. in Manchester, Liverpool, or Berlin among the children of the poor. Ansell points out that, in a single year, there died 142,000 persons in England and Wales alone, who would have lived had the average death-rate only been that of the well-to-do classes of this country (National Assurance Company table).'

Opposed to this we have the fact that in New Zealand, where butcher's meat is about 3d. a pound, and wheat about 3s. a bushel, and where an ordinary agricultural labourer receives from 36s. to 48s. a week, there is the extraordinary low death-rate of twelve and a half per 1000, and this in spite of the fact that the birth-rate exceeds forty per 1000. Nothing, as Dr. Drysdale says, could more plainly prove the value of comfort in lessening the death-rate; and the inference he draws from the figures given is that 'the main cause of a high death-rate is that indigence which seems fatally to accompany civilisation, notwithstanding all the noble efforts of philanthropists and political economists.' It is as we have said: poverty is an error of civilisation, a lapse in the line of advance. There may be something in Dr. Drysdale's dictum that European poverty is caused by over-population, *i.e.*, by over-rapid birth-rates. In support of this position he adduces the fact

that England has a birth-rate of thirty-six per 1000, Russia of forty per 1000, whilst France has one of only twenty-six per 1000. If France, which in his idea is still greatly over-peopled, has the lowest adult death-rate and the greatest commercial prosperity, he thinks it clear that she owes all this to her low birth-rate. Believing, however, that other causes are in operation, however feasible this view may appear, we cannot regard his position as irrefragable, and we must express our opinion that he is endeavouring to begin at the wrong end. First of all we must raise our suffering poor from out the Slough of Despond [in which they are now struggling. We must teach them economy, thrift, and temperance. This done, their misery allayed and comparative comfort placed within their reach, the first step would have been taken towards reducing the death-rate. Afterwards, if then necessary, which we very much doubt, it would be for education and example—not for legally enacted fines, oppressive to the poor and a mere trifle to the rich—to stem the tide of over-population and reduce the birth-rate to a level consistent with the means of support afforded by our land and our trade.—H. C.



CURRENT OPINIONS AND EVENTS.

On Saturday last, the Commissioners of Sewers, headed by their chairman, Mr. Scott, had an interview with the Home Secretary respecting the sites under the Artizans' Dwellings Acts. The proceedings were of a private nature, but we trust that the interview will result in the sites being utilised so as to give the poorer classes the best possible accommodation at the least cost to the ratepayer.

Colonel Stanley, in distributing the prizes gained by the students at the Royal Arsenal Science Classes, at Woolwich, on Saturday last, made the following reference to opportunities afforded students by the classes :

'Opportunities in this, as in everything else, depended upon the men who used them, and although it might be undoubtedly the habit of some to pass superficially over these matters of science and of art, which they learned in these classes, yet there were many others who, he believed, attended them with an earnest and sound appreciation of that which they were doing, and it was to those he would venture to say—be sure of the ground under your feet, and be certain you make not only rapid but sound progress. It did not matter how high the building was if the foundations were not sound beneath it, and it was by practical acquaintance and sound principles of science and art combined, that they might do much towards contributing to the future progress of the country, as those who had gone before them had succeeded in making this country what it is. If it were not given to all of them to make great names or to gain a position in the mechanical or artistic history of the country, still he earnestly believed that with those of whom he had spoken, there was that which enabled a man better to perform even the ordinary duties of life in feeling that there was something better and higher which was daily before him. It was not given to all of them to make a name which was great before the world, like Maudslay, the engineer, who was, he believed, a native of that place ; it was not given to them, perhaps, to rise to the rank of a civil servant, covered with honour and distinction, like Sir John Anderson ; but, nevertheless, it was in their power to fit themselves for those opportunities which there, or elsewhere, would

present themselves in the course of life to them, and it was in this way they would be enabled to do that which he believed was the duty of all men. The progress of science and of art had been slow ; it had been built up through past ages. It had not arisen like it was said volcanic islands had been formed, but it was by the accumulated labour of individuals, like those coral reefs which had also sprung from the sea.'

It is notorious that large numbers of infants are annually smothered by the overlaying of drunken mothers. These cases are also known to be most numerous where female drunkenness most abounds. The *Sanitary Record*, in drawing attention to this horrible concomitant of drinking, states that :

"There can be little doubt that in the vast majority of cases the accident—if accident it can be called—is the result of the drunkenness of the mother. This is proved by the fact that the majority of these cases occur on Saturday nights. In Massachusetts, one of the most sober states of America—and, indeed, it may be said that except among the Irish population a drunken woman is almost an unknown creature in the United States—there was but one reported case of infant suffocation in 1878, while in a single year one English coroner held ninety inquests on children "overlaid," or suffocated, in bed. This really appalling fact shows the terrible extent to which female drunkenness prevails in this country, and is presented willingly to Sir Wilfrid Lawson.'

The *Sanitary Record* is right as to the importance of the facts in their relation to Sir Wilfrid Lawson's agitation. When the question of the liberty of the subject is discussed, surely some one will speak a word for the 'rights' of these small citizens. Their very helplessness ought to strengthen their case with our legislators, and everybody will admit that immunity from suffocation ought to be secured for them.

At this season of the year deaths from exposure to cold are unfortunately numerous, and in these cases the victims are generally too scantily clothed. A curious case of death from 'over-clothing' occurred in the City a few days ago, and an inquest was held on the body on Saturday last. According to the evidence then disclosed, the lady, named Keylar, aged seventy, had arrived at Liverpool-street Station by railway from Cheshunt, and proceeded to Broad-street Station (North London line), on her way to Chalk Farm, where she was to visit a relative. As she ascended the station stairs, she had a fainting of the heart, and expired before a doctor could arrive. That her death was accelerated by being over-weighted with clothing may be judged from the fact that she had on two chemises, two pairs of stockings, two pairs of flannel drawers, two flannel petticoats, a pair of flannel-lined stays, four thick petticoats, two skirts, four jackets, two crossovers, a thick cloth jacket, trimmed with fur, a thick woollen shawl, a fur boa, two caps, and other articles.

On the same day Mr. Carter held an inquiry into the death of Annie Hillmen, aged five years, the daughter of William George Hillmen, residing at 14, Dean's-buildings, Walworth. It appeared that Hillmen was a painter, and exceedingly fond of his child. On returning from his work, he was in the habit of nursing the deceased on his knee, while sitting in front of the fire in his painter's clothing. On Monday the child complained of sickness, and on return

from school she was taken very ill. Dr. Waring, of 114, Walworth-road, attended her, but she expired on the 19th instant, from retching and exhaustion. The jury returned a verdict, 'That death was from exhaustion, consequent upon a violent attack of sickness, brought on by the deceased inhaling poisonous fumes while being nursed in painter's clothing.'

By the time this issue is published Mr. Gladstone will have opened his campaign in Midlothian. Not being a party paper, we cannot concern ourselves about the issue. There can be no doubt that he has rendered splendid services to his country. Mr. Thomas George Snell suggested, in the *Echo* of Monday last, the presentation to Mr. Gladstone of 'a small *souvenir*,' on the occasion of his birthday, the 29th proximo. Mr. Snell expresses the opinion that 'half-crowns, shillings, sixpences, yea, pence,' would be freely tendered for such an object; and he asks the editor of the *Echo* to become treasurer. The editor appends the following note to Mr. Snell's letter:

'Why a small *souvenir*? Why not make it a large one? The proprietor of the *Echo* will consider it a privilege to subscribe five hundred guineas towards a fund for the purpose.'

The food question is being discussed again from all points of view, from the Food Reform Society down to those who do not subscribe to the shibboleth of Mr. Gibson Ward. 'A Housekeeper,' writing to the *Echo* of Monday last, said of lentils:

'There is no doubt that, with either the prepared split lentils or the lentil flour a most excellent and nutritious soup and vegetable can be made. To make soup I use half a pint of lentils to three pints of boiling water, adding a piece of celery or a little celery seed, a carrot, and a few herbs, with pepper and salt. Thus, at a cost of less than three pence, an excellent soup is produced, without any meat. If the flavour of onions should be approved, add two or three small ones. Simmer for two hours. Two tablespoonfuls of lentil flour, with the other ingredients, will produce the same result. For a vegetable, I boil for about half-an-hour a pint of lentils in a cloth, serve in a vegetable dish, adding a little pepper and salt, and I have sufficient for five or six persons. It is a most nutritious food, very easy of digestion, and renders the use of meat almost unnecessary. I purchase the Egyptian split lentils and the lentil flour at the corn-dealers' shops.'

DESERT HARDSHIPS AND TOBACCO.

I HAVE recently had a good opportunity of practically testing the question whether tobacco will enable a man to encounter privation and severe physical suffering better than without it. Two years ago a weakness in the chest made it desirable for me to travel for a time in foreign countries. During the last eight months I have been in the southern portion of 'the dark continent.' The northern part of South Africa is a vast and wild desert, known as the Great Karoo and Kalahari Desert; and having been advised to go up that way, on account of its arid climate, I started alone, but luckily met with five young men who were going up the same way 'to do the country.' They were all inveterate smokers, and during the first part of our journey I was often taunted by them for not being able to enjoy a pipe, around the camp fire at night especially, but their jeers were useless. Certainly, it seemed very homely and jolly,

in the midst of such a wilderness, so far from home, while the fun and stories were going round the group, to 'puff away,' reminding you of the old hearths at home; but as we went farther on, the laugh turned on my side.

When we had penetrated far into the desert, the water became very scarce, and what we got was abominably filthy in most instances, and to my surprise these young men suffered extremely from thirst, although they were about the healthiest and strongest young men I ever met, whilst I, being 'half an invalid,' did not suffer to an inconvenient degree. Day after day water got scarcer, and day after day these men grew worse. I argued with them that their extreme sufferings were due to their smoking, but it was no use; they smoked away worse than ever to *kill the thirst*. But one of them, who could not make out how I managed to keep up so well, determined to throw away his pipe and try abstinence. To his surprise, in less than two days he felt himself much abler to stand the excessive heat and scarcity of water, while the burning heat and dryness of his throat and mouth almost ceased. Seeing this change with their own eyes, the others followed his example without delay, and received the same benefit, so that we were able to pursue our journey and go through a deal of suffering afterwards without any extraordinary inconvenience; and when we parted these gentlemen were so thoroughly convinced of the injuries of smoking that they determined to leave it off for ever.—W. GRIFFITH, Port Dinorwic.

THE SANITARY CONGRESS AND MUSIC.

MUSIC got a footing, though in a roundabout way, in the Sanitary Congress Exhibition at Croydon, just closed. Gillett and Bland, of church-clock fame, exhibited carillons, and chiming house clocks. Another exhibit was the plans and elevations of a small country house, which is being built at Addlestone, in Surrey, by Mr. H. G. Brace, A.R.I., B.A., of Lordship Lane, for Mr. John Crowdy, and in which is a recess, ten feet by three, expressly designed as an adjunct to the drawing-room, for the reception of a grand piano and the accommodation of the player. This is a feature in domestic architecture, probably unique, but by no means other than a happy thought, considering how much a grand piano is usually in the way, as a piece of furniture. The ceiling of the recess is 'coved,' for the better promotion of the resonance, and the result of the entire arrangement is said to be pretty, convenient, and effective. It is too much to hope that London houses will ever be generally constructed with little musical sanctuaries of this sort; but Mr. Brace's idea of making special provision for what is almost a necessary of the modern home should ensure for him the attention of those whose pleasant lot it may be to build themselves a country villa, more especially as the elevations, etc., shown at the Croydon Exhibition display conspicuous taste, considered from an architectural point of view.—*Musical Standard*.

CREMATION IN ITALY.—A new apparatus for cremation has been invented by Messrs. Poma and Venine, of Milan. The instrument is made of iron, lined with fireclay, and the furnace is very small. The other day, when raised to the necessary temperature, the body of a man sixty years of age, and weighing ten stone, was placed in the furnace, and in the space of an hour and a half was completely reduced to cinders. The faintest exhalation could not be perceived. Some eminent Italian professors assisted at the ceremony.

NEW BOOKS AND PUBLICATIONS.

CASSELL'S DOMESTIC DICTIONARY: An Encyclopædia for the Household. With Illustrations. Cassell, Petter, and Galpin, London, Paris, and New York.

This noble book answers well to its title, containing, as it does, the best obtainable information on all subjects relating to the household. Whether for the wide range of information it contains, its admirable style, or the perfection of its method, this work may be regarded as the domestic dictionary *par excellence*. In addition to its being in every middle-class house, it should find a place in the household of every clergyman, minister, schoolmaster, and medical practitioner in the land. These gentlemen could put its facts and teachings to good account by dispensing them amongst their poorer neighbours not able to purchase the book for themselves. Philanthropic and benevolent ladies, too, might add greatly to their usefulness by consulting its pages.

THE TEMPERANCE WITNESS-BOX. Compiled by the Rev. Charles Bullock, B.D. Hand and Heart Publishing Offices, 1, Paternoster Buildings, E.C.

This tastefully got up little volume, consisting of the opinions of doctors, the press, publicans, statesmen, soldiers, employers, judges, police, sailors, poets, bishops, and the clergy, is most suggestive, and will be useful especially to two opposite classes, viz., temperance speakers and writers and persons who are not acquainted with the question. To the former the quotations, so well arranged, will be very welcome; while to the latter the perusal of the testimonies of so many, and so diverse an array of, authorities will be suggestive, and must lead to further thought and investigation. Mr. Bullock tells us that the evidence has already reached a quarter of a million of homes through his magazine, *Home Words*, and we hope it may visit an equal number in its present more compact and attractive form.

WATER FOR NOTHING: EVERY HOUSE ITS OWN WATER SUPPLY. By Shirley Hibberd, Esq., F.R.H.S. London: Effingham Wilson, Royal Exchange.

In this most valuable shilling pamphlet Mr. Hibberd directs attention to a source of water supply quite neglected in London and in most of our large towns. He assures us that the source he refers to is overlooked from sheer ignorance of its value, and of the best modes of turning it to account. He says:

'Whatever may be the course of legislation on this subject, or the policy to the companies to avert legislation and keep affairs safely in their hands, if it is certain every man has at his command, to a very great extent, the means of securing an abundant and perfect supply of water by the simple process of utilising the rainfall. In this year of agitation on the subject the rainfall has been more copious than has been known for many years, and has been almost wholly allowed to run to waste. There has been 'water, water everywhere, but not a drop to drink.' Nor is the wanton waste in rainfall the only sin society has to answer for in the presence of a bountiful Providence. The cost of its removal by means of channels and drains is enormous, and the addition of the rainfall to sewage proper renders the utilisation of sewage impossible by reason of its unmanageable bulk and excessive dilution. Thus the rain that we refuse to catch and keep adds to the burden of the ratepayer by every drop that falls, and is made the means of conveying to the sea, to be lost for evermore, those constituents of the soil that are the causes of fertility. We are prospecting among the hills and boring into the depths of the earth in search of water, while if we would but look to heaven we should have plenty, and the Divine assurance of heavenly drink for evermore. The rainfall in London averages twenty-five inches. One inch of rain falling on an acre of ground is 22,622 gallons, and, if there are twenty-five houses on that acre of land, the total annual rainfall is exactly that amount for each of them. Suppose only one-tenth of the total fall is caught and saved for household purposes, that is 2,262 gallons per house. The rainfall of the present year will greatly exceed the average, but exceptional circumstances should not be brought into the present consideration.'

Amongst the plans proposed for catching rain-water, one consists of an arrangement of tanks by means of which the first supply is stored in a waste receptacle, and this being filled with the washings of the roof, the water passes directly to the proper storage tank, which may be fitted with a filter, so that every drop drawn within the house will be refined to the last degree. This is entirely self-acting, and needs but to be properly started to continue in action for several generations. Another plan suggested is the adoption of a percolator, which may be roughly described as a double funnel. This is attached to the common stack-pipe, and all that is needed in the way of extra apparatus is a separate pipe for the pure water and a tub or tank to receive it. When rain commences, the percolator admits the water through

the smallest of the two funnels, and passes it out to the waste as worthless, or at all events unfit for household purposes. But when the roof is well washed, the percolator, by mechanical action, turns on a swivel, and then the water passes through the large funnel to the supplementary pipe, and thus finds its way to the proper household storage. This apparatus, like the arrangement of tanks, needs no special attention, and, consequently, rain falling at night is sorted and saved with the same precision as in the daytime, all the watching required being to see that such things as dead leaves and sparrows' nests are not allowed to accumulate in or upon the apparatus to impede its working. Mr. Hibberd's pamphlet deserves the attention his high reputation will undoubtedly secure for it.

WATER. By S. N. C. Thompson. London: The Bible Society, 28, Paternoster Row.

After showing the high esteem in which water was held in Bible times, Mr. Thompson deals with the question as a modern sanitary one, the importance of which he urges with considerable skill and force. The pamphlet, intended for popular circulation, will be productive of much good if generally read.

GRAHAM'S TEMPERANCE GUIDE, for 1880. Edited by the Rev. F. Wagstaff, F.R.H.S.

The present is the fifteenth issue of this invaluable annual. Those who have been in the habit of turning to *Graham's Guide* for the leading incidents, facts, and utterances bearing on the temperance question, will find that the reputation of the work is well sustained in the present issue. Its editor, by the discriminating selection of the most important and interesting facts and opinions at his command, has produced a work surpassing in interest any of its predecessors.

RECEIVED.

Sanitary Fallacies. By Professor Corfield. London: H. K. Lewis, 136, Gower Street.—*Remarks on the First Principles of Sanitary Work.* By Dr. A. Carpenter. London: 161, Strand. These invaluable papers, read at the recent Sanitary Congress, we hope to give our readers, substantially, if not entire, at an early period.—*The Holly Bough: Christian Herald Annual.* London: Lile and Fawcett, 139 and 140, Fleet Street. Contains many papers of interest, and is well got up.—*Over 1000 Useful and Entertaining Legal Facts for 1s.* By Q.C. London: Richardson and Best, 5, Queen's Head Passage. While this little volume contains many legal facts of general interest, we think it would have been much more useful had all the information bearing on one subject been arranged under one heading, rather than scattered, as it is, throughout the book.—*How to Make Money.* By H. B. K. Chorley, F.R.H.S. London: 69, Jeffrey's Road, Clapham. Mr. Chorley not only shows how to make money, but he indicates how wealth is wasted.—*The Escape from Loch Leven: A Poem.* By F. Draper. London: W. Tweedie, 337, Strand. A poem of considerable merit.—*Why is Trade Depressed? and The Drinking System and its Evils.* By W. Hoyle. London and Manchester: John Heywood. Mr. Hoyle's productions are invaluable. Those who are anxious for the improvement of the masses should scatter these pamphlets everywhere.—*Food for the Million.* By W. Gibson Ward. London and Manchester: John Heywood. Merits a national circulation.—*Sewage Turned to a Practical Account.* By Robert Pulling. London: 11, Ave Maria Lane. Abounds with important facts.—*The Dietetic Reformer.* London: Pitman. Occupies a recognised position as an authority on diet.—*St. Mary's College Miscellany*—August, September, and October. St. Mary's College, Peckham. This publication will be interesting, not only to those connected with the Peckham College, but to all taking an interest in educational work.—*The Baptist Messenger—Social Notes—Home Words—Temperance Journal—Church of England Temperance Chronicle—Home Words* (Queen's Park edition).

WASPS.—The late Dr. Erasmus Darwin, in his 'Zoonomia,' gives from his own personal observation the following illustration of the reasoning powers of a wasp: 'One circumstance I shall relate which fell under my own eye, and showed the power of reason in a wasp as it is exercised among men. A wasp on a gravel walk had caught a fly nearly as large as himself. Kneeling on the ground, I observed him separate the tail and head from the part to which the wings were attached. He then took the body part in his paws, and rose about two feet from the ground with it; but a gentle breeze wafting the wings of the fly, turned him round in the air, and he settled again with his prey upon the gravel. I then distinctly observed him cut off, with his mouth, first one of the wings and then the other, after which he flew away with it unmolested by the wind.'—J. BROWN, Gateshead.—*Newcastle Chronicle.*

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

By sports like these are all their cares beguiled;
The sports of children satisfy the child.

Goldsmith.

I AM glad to record an anecdote of the late Mr. Robert Owen, which was told me many years ago by my much lamented friend and teacher, Professor Pillans, and which affected me so deeply that it fixed itself in my memory for life. The professor was visiting the infant-school at New Lanark, and, as the children were passing out, the kind-hearted professor patted the head of a little girl, whose fair face and flowing hair had caught his eye. 'Ah!' said Mr. Owen to him, 'you are like all the rest; it is the good-looking only that you notice; but it is those that are least favoured by nature that most need the touch of a kindly hand.' What a beautiful blending of tenderness and insight was this—a lesson we may all take seriously to heart!—*Professor Hodgson.*

And friendly free discussion, calling forth
From the fair jewel Truth its latent ray.

Thomson.

A man who launches himself upon the tide of public life, expecting to meet no reverse, no impediment, no misfortune, is as foolish as would be one who, rushing with seeing eyes into a mill-stream, trusted to the strength of the current to bear him unscathed out of danger.—*H. Crathern.*

Now stir the fire, and close the shutters fast,
Let fall the curtains, wheel the sofa round,
And while the bubbling and loud hissing urn
Throws up a steamy column, and the cups
That cheer but not inebriate, wait on each,
So let us welcome cheerful evening in.

Cowper.

It is not so much the dew of heaven as the sweat of a man's brow that makes the soil fruitful.

Mother Rye feeds all fools alike, but Wheat picks and chooses.

'Sow me in ashes,' says the Rye, 'and it will be all right.'

'Sow me in muck, and I will be a prince,' says the oats.

Trust in God, but look to yourself.

Pray to God, but row to shore.

A beard is honourable, but even a cat has moustaches.

Moustaches for honour, but even a goat has a beard.

Tea, coffee, tobacco, and potatoes have been cursed by seven General Councils.

A mother's prayer has power to save from the bottom of the sea.

A parent's blessing can neither be drowned in water nor consumed in fire.

He who sweats a-field and prays to God at home will never starve.

A bad peace is better than a good quarrel.

Where simplicity is, there are a hundred angels; but where duplicity, not one.—*Russian Proverbs.*

Nature and nature's laws lay hid in night,
God said, let Newton be! and all was light.

Pope.

O that men should put an enemy in their mouths to steal away their brains!—*Shakespeare.*

O! many a shaft, at random sent,
Finds mark the archer little meant!
And many a word, at random spoken,
May soothe or wound a heart that's broken!

Scott.

THE HOUSEWIFE'S CORNER.

LENTIL SOUP.

Wash well in two or three waters half a pound of the split red lentils, usually called Egyptian lentils. Put them into a pan with two onions, one stalk of celery, a very small bit of mace, and a quarter of a tea-spoonful of pepper; add two quarts of water. Boil for an hour and a half, stirring occasionally. Turn the whole on to the back of a fine wire sieve. With the back of a wooden spoon rub the lentil pulp through. Pour the soup into a pan. Mix one ounce of flour smoothly with half a pint of milk and a good tea-spoonful of salt; pour to the soup, and stir over the fire till it boils. If too thick, add a little milk or water. When made exactly as above, lentil soup is exceedingly good, and is much appreciated by all classes of persons. Cost, made as above, would be about twopence a quart.

INDIAN MEAL PUDDING.

Scald half a pound of Indian meal with three quarters of a pint of boiling water. Stir it well, then add a quarter of a pound of brown-sugar, three ounces of chopped suet, a tea-spoonful of grated ginger, a quarter of a tea-spoonful of grated nutmeg, and a tea-spoonful of salt. Mix a quarter of a pound of flour with a tea-spoonful of Williamson's baking-powder; stir to the other ingredients; add enough milk to mix the whole to a soft paste. Put the mixture into a greased tin cover with greased paper, and steam three to three and a half hours. Serve with sweet sauce.

PORTRAITS.

THE following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, ESQ., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT (*next week*).
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

THE WHITE ROSE.

By an inadvertence, *The White Rose* appearing in our advertising columns was omitted in our last week's issue. It will, however, be continued weekly in future. Its author intends unfolding a new system of philosophy in these papers, and his ingenious speculations will no doubt be watched with interest by our readers.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

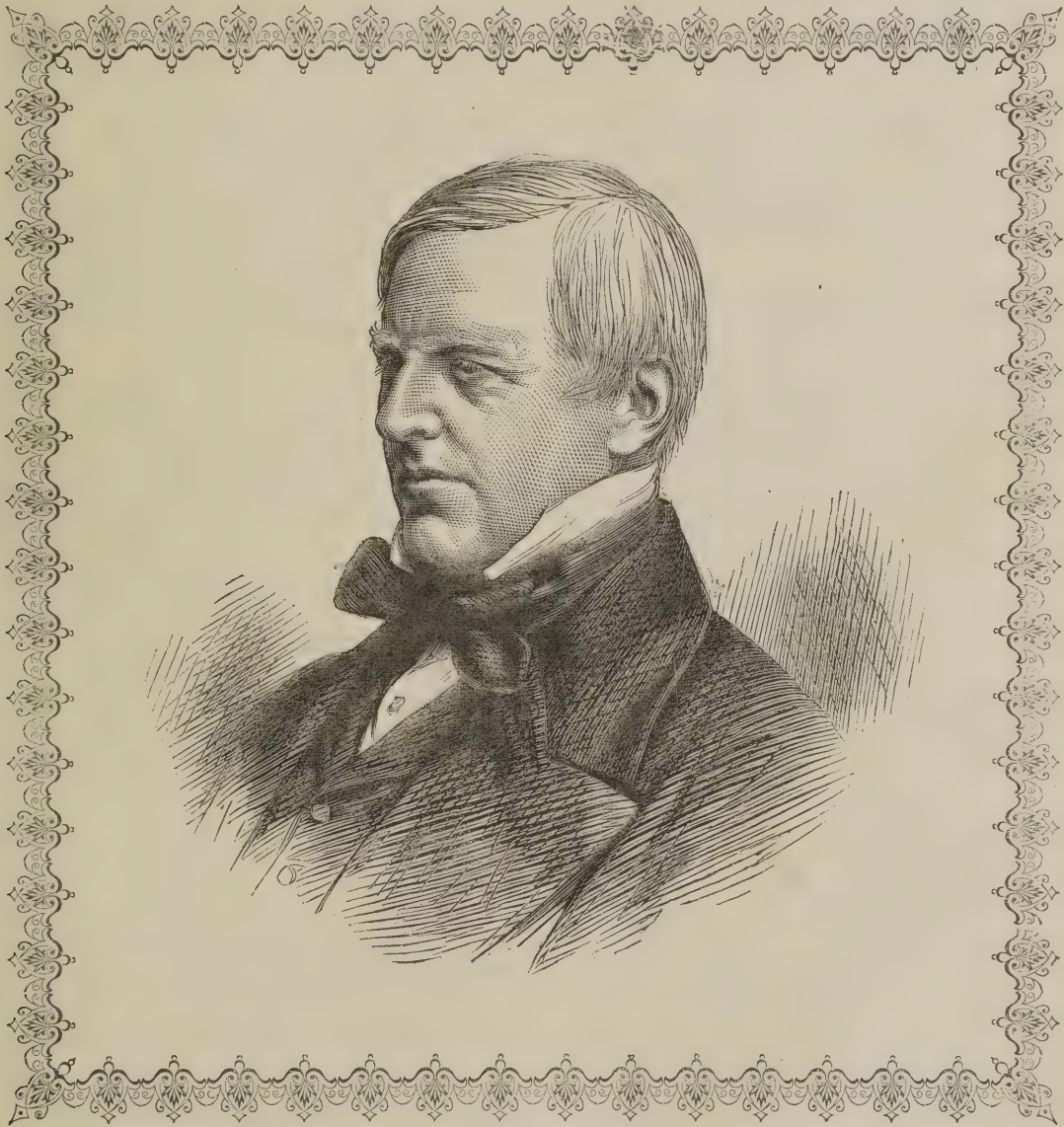
SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 46, Vol. II.]

SATURDAY, DECEMBER 6TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



THE RIGHT HON. ROBERT LOWE, M.P.



The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE RIGHT HON. ROBERT LOWE, M.P.

THE Right Hon. Robert Lowe, son of the late Rev. Robert Lowe, Rector of Bingham, Nottinghamshire, was born at Bingham in 1811. He was educated at Winchester, and at University College, Oxford, where he graduated in high honours in 1833. In 1834 he was elected Fellow of Magdalen, after which he became a private tutor in Oxford.

In January, 1842, he was called to the Bar, and in the same year he went to Australia, where he practised as a barrister with considerable success. He sat in the Council of that Colony from 1843 to 1850, and was afterwards elected member for Sydney.

He returned to England in 1851, and from December, 1852, to February, 1855, he was a joint secretary of the Board of Control. From 1855 to 1858 he was Vice-President of the Board of Trade, and Paymaster-General. In June, 1859, he was appointed Vice-President of the Education Board, a post he resigned in April, 1864.

Mr. Lowe was returned to Parliament for Kidderminster in July, 1852, and he represented that borough until April, 1859, when he was elected for Calne. He became a Member of the Senate of the University of London in 1860; and in 1868 he was elected as the first Parliamentary representative of that University, which he still represents in the House of Commons. In December, 1868, on the formation of Mr. Gladstone's Administration, he was appointed Chancellor of the Exchequer; but in August, 1873, he resigned the Chancellorship, and succeeded Mr. Bruce as Home Secretary. Mr. Lowe went out of office with the Ministry in 1874.

Mr. Lowe was for some years a strenuous opponent of the Reform of Parliament, and he fought hard against the Reform Bill of 1867. He was known as a member, if not the leader, of the 'Cave of Adullum,' and he is still an opponent of further extension of the suffrage. He regards the suffrage as being a privilege, and not a right.

Mr. Lowe is generally admitted to be one of the most formidable debaters in the House of Commons. As a speaker he is clear and incisive, and for his speeches delivered in the House of Commons upon great occasions he is entitled to a leading-place amongst the foremost Parliamentary orators of the time.

A volume of his speeches on Reform appeared in 1867, and Mr. Lowe has been a large contributor to the Press—principally to the *Times*—and to the leading Reviews. He was created honorary LL.D. of Edinburgh in 1867, and honorary D.C.L. of Oxford in 1870.



IMPROVED DWELLINGS.

The best security for civilization is the Dwelling; it is the real nursery of all domestic virtues.—*Lord Beaconsfield.*

Dearer matters,
Dear to the man that is dear to God;
How best to help the slender store,
How mend the dwellings of the poor.
Tennyson.

THE ARTIZANS' DWELLINGS ACTS (1875-1879).

METROPOLITAN BOARD OF WORKS.

ON Friday last a meeting of this Board took place at the offices of the Board, Spring Gardens; Lieut.-Colonel Sir J. M'Garel-Hogg presided.

The following report upon the letter of the Home Secretary, requesting that Mr. Cross be furnished with a special report as to all schemes under the Artizans' Dwellings Act now pending, was presented:

SIR,—In accordance with the request contained in your letter of the 5th instant, I am directed to submit, for the information of the Secretary of State, the following particulars with reference to each of the 14 schemes which have been prepared by the Board and sanctioned by Parliament.

1. Whitechapel and Limehouse Scheme: The final award of the arbitrator was issued on Dec. 20, 1877. The portion of the site east of the railway viaduct was cleared of buildings with the consent of the Secretary of State, and tenders for the land were afterwards invited, but without result, and although the property was put up for sale by auction no offer was made. On May 26, 1879, a letter was received from the Peabody Trustees, offering to purchase the vacant land for the sum of £10,000. This price was eventually accepted by the Board, subject to the terms of a draft contract to be agreed upon, and the draft agreement for carrying it into effect has been forwarded to the Home Office, and is now under the consideration of Mr. Cross. In the last Session of Parliament the Whitechapel and Limehouse Improvement Scheme Modification Act was passed, enabling the Board to carry out an arrangement for an improved approach to the area; and the examination of titles and completion of the necessary conveyances relating to the area west of the railway viaduct are now proceeding as rapidly as circumstances will permit. The peculiar difficulties which impeded the execution of this, the first scheme sanctioned for the metropolis, were brought under the notice of the Secretary of State in a letter dated Jan. 17, 1879.

2. Bedfordbury Scheme: The final award of the arbitrator was issued on Dec. 4, 1878, and on July 15, 1879, the Secretary of State signified his consent to the demolition of the buildings on the southern portion of the area lying between Chandos Street and Anthony's Cottages. The necessary 13 weeks' notices were thereupon served upon the occupiers, and this portion of the site will shortly be cleared of buildings. The Board has hitherto been precluded from dealing with the remainder of site by a legal difficulty which has been raised by Messrs. Goupie with reference to ancient lights; and the application will shortly be made to the Secretary of State for a modification of the scheme in order to overcome the difficulty which has thus arisen. The Peabody Trustees have offered to buy the land for £7,900, a price which the Board has assented to, subject to the terms of a contract to be agreed upon, and the draft agreement which has been forwarded to the Home Office, as above mentioned, comprises the whole of this area.

3. Great Wild Street Scheme; 4. Old Pye Street Scheme; 5. Pear Tree Court Scheme; 6. Whitecross Street Scheme. In each of these cases the final award of the arbitrator has been issued, and the examination of titles is proceeding. The Peabody Trustees have offered to

take the land at prices based, as in the case of the two first mentioned schemes, on a rental of 3d. per foot super., to be computed at 20 years' purchase, and these terms have been accepted by the Board, subject to the provisions of a contract which is now under the consideration of Mr. Cross. The acquisition of the lands required for these four schemes is being pushed on as rapidly as possible, and with the first three much progress has been made, and the Board hopes to be in a position before very long to give the 13 weeks' notice to the occupiers, and to apply to Mr. Cross for his sanction to the demolition of the houses. 7. High Street, Islington, Scheme: The final award of the arbitrator was issued on August 26, 1879, and the examinations of titles and the preparation of the necessary conveyance are proceeding. 8. The St. George-the-Martyr Scheme, and 9, Goulston Street, etc., Scheme: In these two cases Mr. Hunter Rodwell, Q.C., M.P., has been appointed to act as arbitrator, and the claims of owners and occupiers which have not been settled by negotiation have been forwarded to him, and will be dealt with in due course. 10. Essex Road, Islington, Scheme, and 11, Bowman's Buildings Scheme: Negotiations with claimants in respect of these schemes are proceeding, and due regard will be paid to the provisions of the Act of last Session with respect to the basis of compensation. 12. Little Coram Street Scheme, and 13, Great Peter Street Scheme: These schemes are being carried into execution, with the co-operation of the Peabody trustees, and in the case of the first-mentioned scheme, of the Duke of Bedford also; and the claims of owners and lessees, which are now being received, are transmitted to the trustees, who will negotiate with the claimants, and report the result for the approval of the Board. 14. Wells Street, Poplar, Scheme: The execution of this scheme, which was passed in the Session of 1879, has been postponed until the Board shall have gained some further experience in dealing with claimants under the provisions of the Artizans' and Labourers' Dwellings Improvement Act, 1879. A description of the localities comprised in each of the above schemes has been already furnished to the Secretary of State in the returns ordered from time to time by the House of Commons, together with a list of the official representations which have been received. The Board, having regard to the very large amount of work now in progress in connection with the Street Improvements and Artizans' Dwellings Acts, does not propose to deposit any further schemes with a view to legislation in the ensuing Session.

Mr. DRESSER ROGERS drew attention to the great practical difficulties which lay in the way of the carrying out the Act, and repudiated the charge that the Board had been apathetic in their operations. No body of men could possibly be more desirous of improving the dwellings of the artizans than they were; but it was a serious question whether or not the ratepayers should be called upon entirely to pay the costs of the removal of the old buildings upon the sites acquired for the purposes of the Act. The enterprise was an admirable one from a philanthropic point of view, but it was a fair question to ask why the ordinary ratepayer was to be forced to provide buildings for the working classes. That was a broad political question, which was not to be decided in a moment. After repeatedly advertising sites, they failed to find building or other societies to take the land, except at a price which would have entailed great loss to the ratepayers, and as this was a philanthropic work, it had yet to be decided whether the cost which it would entail should be a local or an imperial charge. The members of the Board had made great personal sacrifices in their endeavour to apply the Act to the best of their ability, and they would continue to do so, but it was quite clear that the question of meeting the enormous expenditure which the Act would entail must become a matter for discussion in another place. He proposed that a reply be forwarded to Mr. Cross, giving particulars regarding the 14 schemes of improvement which are at present being carried on by the Board under the Act.

Mr. RUNTZ seconded the proposal. He said that the Act should not be called an Artizans' Act, but a Towns' Improvement Act, as beyond providing sites they did no more. The Board itself could not act, as it had first to be put in motion by the district medical officer; they had then to obtain an Act of Parliament, but then the Board could not act until the arbitrator appointed by the Home Secretary had given his award. He then pointed out that there had been no delay on the part of the Board, as in the case of the

Whitechapel Scheme, although decided upon in 1875, but it was not finally settled until 1878. He next showed that several of the schemes were now at the Home Office awaiting the approval of the Home Secretary. He maintained that no delay whatever had occurred in the matter. This was proved by the fact that although Birmingham had their scheme in 1875, for the clearing of 93 acres of ground, the matter was not yet carried out. In Liverpool the same thing had taken place, and he contended that the Metropolitan Board of Works had done better than any other plan. The Board also hesitated to push their plans, as every scheme which was formulated increased the overcrowding.

Mr. JONES rather blamed the Board for precipitant action in clearing away inhabited buildings, which, he contended, caused overcrowding in other districts.

Mr. SELWAY did not think the Board was fairly chargeable with undue delay in carrying out the Act, and maintained that they had cordially and loyally endeavoured to apply its provisions.

The motion was then agreed to.



HYGIENE.

THE METROPOLITAN WATER TRUST.

To the Ratepayers—A Warning.

BY HENRY CRATHERN.

(Continued from page 258.)

To close my remarks upon the first paragraph of the advertised scheme, I must call attention to the concluding words of the clause: 'and to authorise and require such Companies respectively to sell their undertakings, or any parts thereof, by agreement or otherwise.'

What is the hidden meaning here? The question of the water supply of London has been shown to be one demanding speedy and complete attention—it is admitted that it is necessary that the power and the means of supply should be taken out of the hands of the present partial-monopoly holders. Why, then, this hinting of half-measures? If the Bill contemplated is to be one calculated to meet the wants of the metropolis on this question, there must be no pusillanimity—no going half way on the road to reform and then withdrawing in fear and trembling. If the hand of legislation is to be placed to the plough of reform at all, it must guide it direct through the weed-encumbered field of abuse, leaving behind as the witness of its passage a plain, straight, and unmistakable furrow. No half-way attempts at rehabilitating the existing system will be of any avail. 'Thorough!' must be the cry of the ratepayers, and the omnipotent voice of public opinion must be upraised to demand that this germ of jobbery shall not find place in any measure which may pass through Parliament on this important subject.

The second clause of the advertised scheme is short, but none the less is it full of meaning, especially in the light thrown upon it by the foregoing remarks upon the concluding sentence of the first clause. In the very words, it is this:

'To authorise agreements with any of the said Companies for or with reference to the acquisition as aforesaid of their undertakings.'

Dependent as this paragraph is, however, upon the hint of part-purchases which precedes it, it is not necessary here to say much upon it; but the same criticism that applied to the one

clause will apply to the other, and the metropolitan ratepayer is entitled to ask: *If the proposed measure is one demanded by the necessities of the metropolis, why this clause 'to authorise agreements?'* The shortcomings of the water companies are the cause of the agitation for a reform in the system of public supply. They regard themselves as having a distinct right to the monopoly they now enjoy, and, indeed, by their charters they have such a right; therefore they will not be slow to raise the battle-cry of 'vested interests.' They are rich bodies, and can well afford to fight their own battles, as no doubt they will; but should we give them, of ourselves, the victory into their own hands? We know from experience what cormorants they are, these 'Vested Interests'—a legion of 'horse-leeches' daughters' might well stand aghast at their voracity when once they open their capacious maws—and in the face of such experience it would be the height of insanity to permit the incorporation in the Bill of a clause which might by any possibility be construed into an admission to them of a right to make their own terms.

Not to dwell longer on this point, to which I shall have to revert hereafter, I will proceed to an examination of the third paragraph of the scheme, which runs as follows:

'To enable the Metropolitan Water Trust, subject to the provisions of the intended Act, to exercise all the rights and powers of the respective Companies in relation to the undertakings, or portions of the undertakings, to be acquired within all or any of the districts authorised to be supplied by the said several Companies, and which districts are hereinafter called "The Metropolitan Water Area," and to carry on the acquired undertakings, and for these purposes to break up streets, roads, and places, and to lay down, maintain, repair, and renew mains, pipes, and other works, and to purchase, sell, let, hire, or otherwise deal in meters, fittings, and other apparatus, and to sell and supply water for private and public purposes within the limits of the intended Act.'

'To exercise all the rights and powers of the respective Companies' is not only a vague phrase—it is a provision that will not be suitable to the proposed Trust for many reasons. It is bad enough, for instance, that in one portion of the metropolis a water company is empowered to do something which in another portion of the metropolis another company is not permitted to do; but what would be the case of a body of public trustees, who found their trust so constituted that their powers in one place were not their powers in another—their legal action in one portion of the metropolis not legal in another? As regards the provision enabling the proposed Trust 'to break up streets, roads, and places, and to lay down, maintain, repair, and renew mains, pipes, and other works,' would it not be necessary to constitute another body of trustees, to whom should be allotted the supervision of these works—the seeing that they were carried out reasonably, when and where required, and with as little inconvenience to the public as possible? Or is the proper carrying out of these road-breaking functions to be left to the surveillance of the vestries? If so, we should very likely, soon after the Trust came into operation, have a second series of those clashings between the various local authorities of which the Metropolitan Board has given us several examples. *Apropos* to one of these, the *Echo* of the 18th ult. contained the following pointed paragraph:

'The Metropolitan Board of Works is really very unfortunate. If it pulls down large blocks of old houses, the poor people, who are driven out only to be still more crowded in other blocks of old houses, complain that their condition is rather worse than it was before. If the Board pauses in the work of demolition, and simply shuts up the houses without pulling them down, rigid economists grumble at the money which might till the last moment have been taken for rent, thus relieving the rates. But if the Board continues to allow the condemned houses to be temporarily occupied, it is liable to be summoned before the magistrates as the owner of house property unfit for human habitation. There is something delightfully humorous in a Vestry summoning a Board for not obeying the orders of a sanitary inspector, especially when the Board in question has acquired the property in dispute under the Artizans' Dwellings Act. How much longer shall we be governed by local bodies, each pulling their own way, and acting so little in harmony that they spend the money of the ratepayers in legal proceedings against each other?'

Such clashings of petty authority as these tend to render our municipal system, or rather our lack of a municipal system, a matter for ridicule to the peoples of the capitals of other States. At the same time that we have the Metropolitan Board in our mind's eye, is it not probable that in the action of that Board under the Artizans' Dwellings Act we have a specimen of what is to be expected from such a semi-irresponsible authority as the proposed Metropolitan Water Trust?

The fourth clause of the scheme is one of the most important, for it deals with the financial portion of the business. It runs thus:

'To make provision for borrowing such moneys and issuing such stock as may be required for acquiring the undertakings of the said Companies and carrying into effect the purposes of the said intended Act, on the security of the undertakings acquired under the intended Act, with or without the addition of such guarantee or indemnity from any rates leviable within the metropolitan water area as may be deemed expedient or as may be provided by the intended Act.'

What valuation is to be made of the property to be bought? This is one of the most important of the many questions arising out of the advertised scheme, and one an answer to which must be most insisted on. Since the agitation of the question many of the Companies have made an effort in the way of reform, such as making provision for a supply without cisterns. But what has been their object? Not the welfare of their customers, but the enhancing of their business. While it was merely a matter of the consumer grumbling, it was of no consequence, and no step was taken to remedy the evils of the system of supply; but so soon as it becomes certain that legislative steps are to be taken, efforts are made to improve the business. It is for the ratepayers to make sure that this self-interested 'benefit' bestowed by these Companies is not to be paid for out of their pockets in the shape of enhanced purchase money.

Again, *What are the rates proposed to be levied to help out the scheme?* The rates as they are, to most, are sufficiently heavy. What will they be if there is added to them the expense of a costly and, it may be, inefficient Trust like this proposed? The Trust may be composed of men of vague ideas upon the subject, or of peculiar ideas as to the requirements of their special district, or, worse still, of mere place-men with no ideas at all. Who shall say, in either case, where this levy-

ing of rates is likely to end? And with the unlimited power to break up streets and roads proposed to be given, the metropolitan ratepayer will very likely speedily find traffic impeded in a dozen directions at one and the same time, water cut off by needless repairing works from whole streets, and, to crown all, a water rate of twice or thrice its present amount.

Another point that will require investigation is: *What will become of the surplus, if any, from the rates, after paying the working expenses of the Trust?* There will be a huge loan to redeem (regardless of interest, which must be considered as part of the working expenses)—will the surpluses be applied to this purpose? There will be an enormous staff of new public servants employed in the works and offices—will the surpluses go towards pensions for these, or compensations for accidents to the real workers? There are many questions that might be put with regard to this single point; but as it is a question of detail, for the present we may leave it.

(To be continued.)



DIETETICS.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

By BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

THE medical treatment of infantile diseases by unskilled persons cannot be too strongly deprecated, because it is often attended with prolonged suffering and even fatal consequences. The object of these notes is not to encourage nurses, or those having the charge of children, to resort to a system of drug-giving for every little ailment that may occur, but rather, by offering a natural explanation of the little troubles of infant life, to save the little sufferer from perpetual dosing. There are certain ailments in early infant life which every mother should be acquainted with, in order that she may be able to adopt immediately suitable measures for relieving the sufferings of her child, and at the same time secure her own comfort and rest.

Most of the common ailments that infants suffer from during the first two years of their life might effectually be prevented by carrying out in detail the course of treatment laid down in the preceding pages, but when these conditions are not fulfilled, and, as a consequence, distressing symptoms of illness supervene, then an inquiry into the causes which have produced these untoward results conducts us to the rational treatment for the immediate relief of the sufferer.

Not a few of the most distressing symptoms from which infants suffer are due to a disordered condition of the stomach and bowels, and this ailment claims for its cause improper feeding—for example, the food may be defective in quality, either too rich or too poor, or deficient in quantity, or given too hot or too cold, or the child may have the right food given too frequently, or in too large quantities, or at irregular intervals.

* A Sequel to 'How to Feed an Infant.'

The neglect of any one or more of these little matters may produce indigestion, with all the attendant troublesome symptoms of wind, griping, crying, and even convulsions. A child may not digest its food, even when there is no fault to be found with the quantity, quality, or regularity in feeding. In this case the surroundings of the child are generally found, on careful examination, to be in a defective sanitary condition. The child has not the advantages of baths, or warm clothing, or good sunlight and fresh air; or it sleeps in an over-crowded or ill-ventilated room; or it is subject to over-excitement during the day, and consequently cannot sleep soundly at night. The nervous system becomes exhausted, and digestion is retarded or rendered inoperative altogether, whereas under favourable hygienic conditions digestion would proceed rapidly, and this is an essential condition of health in a growing infant. It becomes apparent that some of the most troublesome ailments of infant life are not to be traced to the infant's constitution, but rather to the surroundings and conditions in which it lives. The observance of the laws of health are essential to the growth and development of the infant, and the neglect entails present suffering to the child, and future misery should it grow into a debilitated man or woman.

In these notes it is proposed briefly to indicate some of the more common ailments incident to infant life, and, as far as can be done in the space at our disposal, to trace the causes of the symptoms, and the after effects on the system, which become a source of great suffering to the child and considerable anxiety and trouble to their parents and others.

I.—FLATULENCY, GRIPING, ACIDITY, DIARRHŒA.

These are the common symptoms of irritation of the stomach and bowels, and chiefly caused by indigestion.

The newly born infant usually has its digestive powers tested at the very onset of its existence, by having thick 'pap' or gruel given to feed it, and castor-oil or some other drug given to purge it. The gruel irritates the delicate mucous membrane and produces wind, pain, and restlessness, with more or less screaming. Castor-oil is then given to relieve it; this is easily accomplished; the oil acts vigorously, and then a corresponding degree of constipation is induced; then more oil or some other purgative is given, and often for weeks after the child suffers from irregularity of the bowels, wind, spasms, and indigestion. Both the food and the physic were not only unnecessary, but hurtful. All these troublesome days and weary nights with a suffering and crying child might have been obviated by putting the child to the breast and letting it get the first milk secreted, which is nature's mild laxative; but should there be no milk secreted for the first few days, then a little tepid water and milk will be amply sufficient to satisfy the wants of the child and make it quiet and comfortable. The bowels of a newly-born infant will usually act without interference, but should they fail to do so, then a small teaspoonful of salad oil may be given, or a small injection of soap and water, with a little salad oil, may be administered. The amount injected should be about a tablespoonful, and given by means of a small elastic globular syringe, such as is commonly used for syringing the ears. The injection will relieve the lower bowel, but should the child continue cross, screaming, and restless, and the stomach distended with wind, then about twenty grains of manna, in a teaspoonful of dill-water, will generally afford relief. It must be borne in mind that under ordinary circumstances nature supplies both the food and the physic. There is usually a little milk secreted

in the breast on the second day, and that is sufficient to satisfy the requirements of the child, and to relieve the bowels.

Infants suffer from flatulency, colic, indigestion and diarrhoea at various epochs in their life, and, as the causes that produce these symptoms vary according to their surroundings, it will simplify the matter to deal with these symptoms under the following heads :

1. *When the child is nursed by the mother.*
2. *When the child is nursed by the bottle.*
3. *When the child is weaned.*

In England 11,000 children die annually of bowel-complaints.

1. When an infant that is suckled by its mother, or by a wet nurse, suffers from wind, griping, diarrhoea, and becomes pale, flabby and emaciated, it is an evidence that the milk does not agree with it. The child is fretful, and continually whining, and it wants the breast all day long, and sucks eagerly, but is never contented or satisfied; in fact, the more it takes the breast, the more it seems to want it. The stomach and bowels become irritated, and nature seeks relief by means of the diarrhoea and sickness which are consequent on the defective quality of the milk. The cause of the child's sufferings rest with the mother or wet-nurse. That is, the milk secreted has undergone certain changes, which make it exceedingly irritating, if not poisonous to the child. The milk is defective, but how came it so? that is the question to be solved, and this should engage the most careful attention of the mother. In the prosecution of this inquiry, assistance may be derived by carefully considering the rules laid down for the guidance of the nursing mother, which should be rigidly carried out with respect to eating, drinking, sleeping, outdoor exercise, and ablutions; nor should the influence of the mental emotions on the secretion of the milk and its effects on the child be overlooked; neither should the necessity for regular intervals in suckling be forgotten, for on this depends the formation of matured milk, and allows the child time for digestion. When everything has been done to render the milk fitted for the digestion of the child, and the milk of the mother or the wet-nurse is still found to disagree, it becomes imperative to change the nurse or to wean the child and feed it on milk and water, so modified as to approximate healthy human milk in the proportion of the constituent elements and digestibility. This may be done by following the directions given in Chapter VI. It is apparent that to continue the milk that produces symptoms of intestinal irritation in the child, and to hope to cure it by giving alkalies, sedatives, or astringents, is certainly not a rational procedure, and could only be recommended by those unskilled in infantile disorders; nevertheless, it is a course often pursued with the best intentions by those who are ever ready to suggest something that is good for 'wind,' 'colic,' 'diarrhoea,' etc. Those who adopt this mode of medication overlook the cause of the malady, and consequently fail to remove it. Then the doctor is sent for, and informed that in spite of what they have done the child continues as bad, if not worse, than at first. It is evident that the treatment, being wrongly directed, has aggravated the complaint rather than relieved the sufferer.

(Commenced in No. 33.—To be continued.)

In ancient days the most celebrated precept was, 'Know thyself;' in modern times it has been supplanted by the more fashionable maxim, 'Know thy neighbour, and everything about him.'—*Johnson.*

HOW THE MONEY GOES IN BAD TIMES.

THE Secretary of the Food Reform Society writes: Last year, besides spending some £140,000,000 in drink, or eight shillings per week for each family, at the same time £90,000,000 was spent in butchers' meat, or five shillings per week for each family.

We could have had the same amount of nourishment for sevenpence, in peas, for which we have paid five shillings in beef.

A committee of the House of Lords furnishes the table below in proof. Free lectures on food are given on the first and third Thursday evenings in each month, at the Franklin Hall, Castle-street, Oxford-street, W.

The estimated cost, at present prices, of various articles of food required for raising the body of a person weighing 10 stone or 140lbs. to a height of 720,000 feet :

	£	s.	d.
Split peas	0	13	0
Oatmeal	0	14	0
Flour	0	16	0
Bread	0	18	0
Fish	2	3	3
Beef	6	0	0

RATIONAL AMUSEMENTS FOR THE PEOPLE.

EXPERIENCE has shown that one of the best methods of preventing drunkenness is to provide an efficient substitute for the public-house. Man is naturally a gregarious being, and it is the continual thirst for ill-directed social enjoyments that so frequently lures him to his ruin; any efforts, therefore, to afford rational amusements devoid of baneful influence, are not only worthy of support, but are likely to be attended with satisfactory results. In consonance with this view, we are glad to observe that a movement is gradually extending throughout the country, and particularly in the North, to provide as good, if not better, entertainments than can be met with in the public-house or music-hall, and at a far less cost. True, it is mostly amateur and voluntary talent that is relied on for these occasions; but it is often none the less appreciated, or ever found antagonistic to social harmony. The directors of the Newcastle Industrial Dwellings Company have inaugurated a good feature in connection with their large block of buildings which, we think, is worthy of imitation by other companies and landlords. In the centre of these improved and healthy dwellings, whose average death-rate is only half that of the other parts of the town, they have provided a large room comfortably fitted up, where an entertainment is held weekly, if not oftener, comprising a choice selection of readings, recitations, songs, with pianoforte accompaniment. The admission is only one penny, and the entertainments, which have now been established some time, are well attended, particularly by those who previously frequented the public house; the room is also liberally supplied with the leading newspapers, and also contains a good library. There are also ante-rooms for various games and for smoking. The result has been the development of a healthier tone, not only amongst the company's tenants, but also amongst the crowded industrial population of the neighbourhood, who are all freely invited to attend. The success which has attended these entertainments, which are wholly devoid of political or sectarian bias, has led to the promotion of a similar class of amusements in other parts of the town, from which also we are glad to hear good reports. What has been done in Newcastle might also be tried with advantage at other places.

HAND'S AFTERNOON TEA COMPANY.—In our advertising columns particulars of this company will be found. Choice teas will always command a good price, and a company for their supply, properly managed, ought to pay a handsome dividend. A large section of the public would willingly pay five shillings per pound for teas of first-class quality; and purveyors supplying the article uniform in quality and flavour may not only do a remunerative, but a highly lucrative, business. If Hand's Afternoon Tea Company does this, and its management is good in other respects, shareholders will be sure of a good return for their investments.

THE CHROMO-LITHOGRAPHS OF THE ADVERTISING ART AGENCY.—For the benefit of our monthly subscribers, these really first-class and marvellously cheap pictures, full particulars of which were advertised in our columns, Oct. 25th, will be supplied for the next few weeks. In applying for them mention *House and Home*. The address of the agency is 87, Milton-street, E.C.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

	Single copy.	Two copies.	Three copies.
Half-yearly	3s. 3d.	6s.	8s. 6d.
Yearly	6s. 6d.	12s.	17s. 0d.

ADVERTISEMENTS.

Back page	£ s. d.
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Ten per cent. reduction on six insertions, and twenty per cent. on thirteen, prepaid.

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

* * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is occasionally presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF-PENNY stamps are preferred.



LONDON: DECEMBER 6th, 1879.

THE BREAD BILL FOR THE ENSUING YEAR.

THERE is great excitement just now in political circles, and much speculation as to what will be done in the next Session, or, it may be, in the first Session of a new Parliament. In either case the Chancellor of the Exchequer will have to meet a deficit, and this, after some years of commercial depression, is no light matter. To provide for the year's income an increase of taxation is inevitable, and this means so much abstracted from the funds which keep our national industries in motion. Notwithstanding a revival in many branches of trade, a revival which promises to be permanent, the present winter will be a gloomy one, and multitudes will suffer privations of various kinds. There will be in the humbler homes of our country a deficiency of fuel, of raiment, and of food. With this prospect before us it is right, nay more, it is a duty for everyone to inquire into the national expenditure, with the view of promoting measures of retrenchment and economy, and more than this, to point out and correct the expenditure of classes and individuals. It is not our intention to enter upon the first part of the inquiry, but to offer some remarks upon the second—that expenditure over which every man has a direct control. It is admitted on all hands that there is much extravagance and waste. Are we not now realizing the truth of the old adage, 'Wilful waste brings woful want'?

There has been no time within the present century when the question has assumed graver importance. What are the facts as regards our food supply? We shall need during the twelve months from September, 1879, to September, 1880, twenty-four millions of quarters of wheat. It is ascertained that the yield of the last harvest is about six millions of quarters, so that it

will be necessary to import eighteen millions of quarters. The harvest of 1879 has been as deficient as was that of 1816, a year of intense and almost unparalleled suffering. At present we have resources which were not then available, as we can obtain our supplies from the corn-growing countries of the world; but we shall have to send fifty millions of gold to procure the necessary supply. The farming interest suffers, and along with it all other interests. Bread will be raised in price, and this again affects all other classes. If a man has to pay twopence more for his loaf, he has that amount less to spend upon other necessities or he must eat less. So closely are all classes linked together, that no one class can suffer alone. The supply of food at the lowest possible price has always been insisted upon by economists as most essential to national prosperity, and the philanthropist knows how vain it is to expect moral and religious improvements to progress favourably among a population struggling with want. It is for these reasons that we direct attention to the Bread Bill for the year ending in the autumn of 1880.

In the face of the fact that we shall have to pay fifty millions for our bread-stuffs, an amount greatly in excess of former years, we are spending upon intoxicants something like one hundred and forty millions per annum. While we are importing foreign grain, we are consuming much grain in our breweries and distilleries in the production of intoxicants; and in the purchase of those drinks money is spent that would relieve the depression upon our home trade, if it was spent upon useful articles. Nay, one-third of that amount, if spent upon raiment and furniture, would find employment for all our population able and willing to work. The saving would soon be felt in diminished poor rates and in lessened demands upon public and private charity. This expenditure upon pernicious luxuries can be lessened by rigorous efforts and self-denial on the part of the people, and would tell as potently upon the national welfare as a diminution of taxation. It is not in strong drinks only that waste and extravagance has gone on. The prosperity of a few years has been attended with a lavish expenditure upon the merest ostentation. In dress, in pleasure excursions, and in a variety of ways, the earnings of the people have been dissipated. There has been no adequate return, and the means have been exhausted which, if husbanded, would have met the wants of the rainy day which has come upon us. There is an absence of forethought and of thrift in our people, and this is in marked contrast with the habits of our Continental neighbours. The prosperity of France at this time is due quite as much to the saving habits of the people as to the fertility of her soil. In England there is much to correct in this respect. Those who deplore the love of luxury and of display must set the example, and begin a reformation of manners.

While on the subject of cheap food we must say a few words upon cheap fuel. Among the necessities of existence, the greatest and most urgent are: (1) food; (2) raiment; (3) shelter. We have remarked of food as the first essential to the well-being of a community. It is important that a population should be comfortably and decently clad. Ragged and scanty clothing has an injurious effect upon the physical and moral being. A well-constructed house, however humble, is also of the greatest importance as a shelter from the weather, and as a

welcome retreat after the toils of the day. Then the warmth of the home should be provided for, and for this a supply of fuel is requisite. One of the saddest sights that can meet the gaze of a visitor to the abodes of poverty is that of a fireless grate. Next to an empty cupboard, and a bed without covering, a room without fire on a cold and inclement day is the greatest privation the poor can endure. If it is desirable to have bread good and cheap, it is also desirable to reduce house rent, raiment, and fuel to as low a price as possible. The interests of all classes is to reduce the cost of production. A doctrine adverse to this is taught and accepted by masses of our countrymen. They believe that it is the interest of the wage-receiving class to keep up the cost of production. We may take one example. The colliers in the mining districts are taught that it is well to lessen the output of coal, that is, to create an artificial scarcity in order to keep up the price. This is seriously taught by men of position and education, as a remedy for some of the evils under which the mining population labour. If it is right or expedient to raise the price of coal by limiting the supply, it is right to do the same by everything else. Suppose a farmer were to destroy one half of his crop in order to obtain a better price for the other half, or to leave one half of his land untilled, would he not be considered as fit for Bedlam, or in a moral sense as culpable as the incendiary who sets fire to a granary? Suppose this policy prevailed over every branch of industry, and where would the nation be placed? The cost of production would be so increased as to invite competition everywhere to beat us in all foreign markets, and no practicable advance in wages could meet it. This policy is fatal to the interests of those for whose advantage it is ostensibly advocated. It would add to the establishment expenses of all manufacturers where coal is used, to the price of gas, which is now used for many purposes, but the greatest part of the burden would fall upon the working and the poorer classes. It reaches every man who has a grate. It takes one, two, three, or more lumps from a poor man's fire, it limits his power of purchasing other articles. If he has to spend sixpence a week extra upon the coals, he has so much less to spend upon other necessities, food, raiment, or furniture, and besides himself the dealers and manufacturers of all such articles suffer. There is a great wrong and injustice in this proposal, not inflicted by law or government, but by working men upon each other. None of these devices, which no doubt are well meant, can bring advantage to the labouring classes, and they are, in fact, the greatest sufferers in all such cases. The ill-remunerated workmen and labourers of the country must look to other remedies than these. The great relief is largely within their own power, and it will be brought about by a careful expenditure of their earnings, in making provision against the future, and reducing by all legitimate and proper means the cost of production. The money spent in beer will do much if applied in the purchase of home comforts.

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WE would encourage our young men, who break down in their first efforts at public speaking, to persevere in their efforts. A friend of ours heard Sir John Bowring's first attempt at a public speech, and, in the brief space of a few minutes, he stood up and sat down three times, utterly discouraged with his attempt. We all know what followed, and how perseverance won the crown. Disraeli's first efforts are matter of history. It is said of Sheridan, after his first speech he asked Woodfall what he thought of it. 'I do not think it is in your line, and you had better take to your former business.' Sheridan rested his face upon his hand, and then vehemently exclaimed, 'It is in me, and it shall come out!' and it did, too. But some men have tried and failed, and never tried again, and the world will never know what it has gained or lost by the extinguishment of some incipient orator.—*Christian Life*.

CURRENT OPINIONS AND EVENTS.

MR. GLADSTONE, in his Dalkeith speech, made reference to the drink question. He admitted the existence of a great national evil, and stated that in his opinion :

'Efforts ought to be made to abate this terrible mischief. These efforts should be made just as the remarkable effort that was successfully made in the past Session to close the public-houses in Ireland on Sundays was made, with a due and careful regard to the state of public opinion. You cannot, gentlemen, say in the abstract what laws ought or ought not to be passed for a country like this. Shakespeare, who is as full of social and political wisdom as he is of flashes of genius, tells us—

"There is a tide in the affairs of men,
Which taken at the flood leads on to fortune."

And so it is with questions of this kind. You must have regard to the ripeness or unripeness of the case, and the favourable or unfavourableness of the juncture of circumstances.'

Respecting the question of 'local option,' the right hon. gentleman said :

'It is said, gentlemen, that we are to be asked to adopt a principle known as that of "local option." Now, on that subject and principle, the mode of its application, as I understand, is reserved for the future. In the principle I don't see myself anything that is justly to be condemned. I don't think it is unfair to say that within the limits of justness and fairness the opinion of a particular district may be considered on the particular conditions of those police laws which regulate the sale of intoxicating liquors. I may say that, because I have acted upon the principle, I supported many years ago a bill, which unhappily failed in Parliament through a combination of parties, under the Government of Lord Palmerston, which that Government endeavoured to pass, where the local opinion of Liverpool advising the adoption of a particular system was embodied in a private measure, and when, as I said, I myself was among the active supporters of the measure. During the late Government we introduced a bill which embodied a principle of local option. It was not in our power to carry that bill. I do not dwell on its particulars, nor do I ask whether they were the worst or the best, the unwise or the wise, but I speak only of its principle, and say that as far as I am able to judge there is no reason why, upon the threshold, a proposition for allowing a policy of local option in regard to the liquor laws should be rejected and condemned.'

The *Weekly Dispatch* of Saturday last gives a sketch of Mr. James Beal, one of the 'Eminent Radicals out of Parliament.' Among Mr. Beal's public services, mention is made of his efforts to improve the supply of gas and water, and to reform the government of London. It is alleged by the writer of the sketch that :

'Mr. Cross's Artizans' Dwellings Act Mr. Beal would have rendered workable, if the right hon. gentleman had only had the good sense to profit by his advice. His plan was not to enforce sales to the local authority, but to compel the owners of dilapidated tenements themselves to incur all risks in connection with the pulling down and re-erection of condemned buildings owned by them. As it is, the Metropolitan Board is at a standstill, having lost £800,000 of the ratepayers' money in the vain attempt to sell the sites of "rookeries" for as much as they cost. Verily, Wisdom is justified of her children.'

We are pleased to record that out of eleven lady candidates for seats in the London School Board, nine have been elected. The successful ladies polled 93,542 votes. In Marylebone Mrs. Westlake headed the poll with 14,466 votes, while Mrs.

Simpson was the lowest on the poll with 2,419 votes. Had the friends of Mrs. Westlake divided their favours with Mrs. Simpson, both ladies would have been returned. Of the successful candidates, the highest number of votes given for a lady, was 18,864 for Miss Muller; while the highest number of votes polled for a gentleman, was 15,888 for Mr. Heller: the lowest number of votes recorded for a lady, was 3,784 for Miss Simcox, while the lowest number given to a gentleman, was 2,089 to Mr. W. S. Gover. Of the unsuccessful candidates, the lady receiving the fewest votes was Mrs. Simpson, 2,419, while the gentleman receiving the fewest votes was Mr. Bassett, 129. Altogether, we think the ladies have no cause to complain of the result of the election.

THRIFT PAPERS.

BY T. BOWDEN GREEN,
SECRETARY OF THE NATIONAL THRIFT SOCIETY.

No. 3.—*Thrift in the Cottage.*

'THE only true secret of elevating the poor is to make them the agents in bettering their own condition.' So said Archbishop Sumner, and the words are equally true at the present time. Now, beyond doubt, one of the principal means of improving that condition is the exercise of thrift, and it is this 'cottage thrift' that we desire to see introduced into every cottager's home throughout the land. Hitherto thrift amongst this portion of the community has, unfortunately, been the exception, though this is just the class that most *require* it. Generally speaking, as money comes so it goes, and at the end of the year the majority are no better off than they were at the beginning. No idea of saving anything whatever for future requirements seems to enter their heads. Such is usually the case amongst those classes whose future in life requires to be provided for during those years of vigour in which those who choose, and are shown the way, are able to make some adequate provision.

'As the summer provideth for winter, so let youth provide for old age, because it is said truly that waste leadeth to want; and another proverb saith: It is too late to think of sparing when all has been spent.' Ask, however, a labouring man why he does not save something week by week and year by year, and what would be the probable answer?

'Saving be for richer folks; *we have nothing to save!*' In both these points, however, our friend is entirely in the wrong. For firstly, as the non-saving habits of the well-to-do classes do not bring them to pauperism and want, they are not called upon to make a provision for the future in the same way as are their less fortunate neighbours, it being already provided for them; and, secondly, before we believe that *no saving can be effected*, we must be satisfied that *no waste takes place*. This is the one very simple test in all such cases. Whatever is spent needlessly, if it is only sixpence a week, though it is far more likely to be a shilling or half-a-crown, *that amount*, at any rate, if nothing more, might be put by for future requirements, and no one surely will dispute that it had far better be thus reserved. 'The extravagance and improvidence of the labouring classes,' says one writer on this subject, 'are simply incredible to those who have never taken the trouble to investigate their condition.' 'The prodigality,'

says another, 'indulged in amongst the working classes during the time of high wages has been the theme of many a speech and many a statement.'

It is not, therefore, that these classes *cannot* save, but that they *will not*, they have not been rightly taught to do so, and till this takes place we may be sure that they will continue to do as their predecessors have done, namely, live on from hand to mouth whilst they have employment, and be content to be supported by others (either by their own friends or out of the public rates) when out of work or when old age and infirmity come upon them. This is not the *exception*, but the *rule*, and hence these words on the subject from the Right Hon. John Bright, M.P.: 'One of the most painful things to my mind to be seen in England is this: that amongst the great body of those classes which earn their living by their daily labour, there is an absence of that hope which every man ought to have, that there is for him, if he be industrious and frugal, a comfortable independence as he advances in life.'

But there is another side of this question of cottage thrift which we would refer to. If it is felt that whatever is *earned*—be it large or small—must be *spent* without delay, at any rate let thrift be exercised in the expenditure. Let due attention be paid to such matters as food, clothing, health, education of the children and home comforts, before money is squandered on things that can very well be done without, thus:—

Never throw away in *drinking* what should go for *food* or *rent*.

Never puff away in *smoking* what should *otherwise* be spent.

Doubtless few educated people have gone into cottage homes without noticing the rubbish that generally exists about the rooms! Absurd ornaments, hideous prints in staring frames, clocks that never go, useless furniture, etc., whereas the amount spent at various times on such altogether valueless matters might have purchased instead many a much needed article of clothing or furniture. Look again at the extravagant prices frequently, if not generally, paid by cottage people for their food! Whilst such will insist—as many do—on having *fresh* butter all the year round and despising salt butter, on paying a shilling a pound more for their tea than there is any occasion for, on having the most expensive joints of meat, and so on, we may well believe that their margin for saving is but small. The testimony that we have on this point from one of our principal political economists, Professor Leone Levi, is as follows: 'In no other country (than England) are the wages more liberal; in no other country are they more wastefully used!' What then is the remedy for this state of things? The practical remedy we believe to be this, that *the growing-up population should be practically taught the value of small and systematic savings, and should have placed before them opportunities for practising Thrift in a safe and systematic manner*. 'The education of the labouring classes,' says *The Times*, 'has been terribly deficient in this most important respect.' Some reform in this direction is certainly greatly needed, for it is calculated that fully one half of the *preventable* troubles and sorrows of ordinary English home life are to be attributed, and might generally be clearly traced, to this source, and the increased earnings of the working classes will be productive of harm rather than good, if side by side with increase of wages there is not also the much-needed increase of economy, sobriety, forethought, prudence, and thrift.

Doubtless the middle and upper classes might do much in this respect by setting an example, but, alas! the majority, or at any rate a very large proportion of them, are unthrifty to a degree, and themselves require instruction on this point. Who can undertake such a task? But of this we shall have more to say in our next paper.



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

CORPORAL PUNISHMENT.

To the Editor of 'HOUSE AND HOME.'

SIR,

Will you allow me the space of a few lines to explain a matter which, to the public in general, seems to require explanation. I was present a short time ago at a meeting where, among other subjects connected with educational discipline, that of 'corporal punishment' was introduced. It was discussed for some time, as I perceived, without any one on either side having clearly defined the meaning of the term; the result of the discussion being, in consequence, completely unsatisfactory. I then begged leave to offer an explanation, which I was allowed to do, my explanation being very well received. It was this. If a child be guilty of anything which we should consider a crime in an adult, such as lying, theft, wanton cruelty, etc., and a whipping be inflicted on him, that is correctly corporal punishment; but if a child be unable, or even unwilling to learn, and a teacher tries to cane or birch him into ability or taste, that, whatever the teacher may call it, is not corporal punishment, but corporal torture. The teacher endeavours by the infliction of physical pain to force a naturally dull mind into intelligence, or a naturally indolent mind into activity, and, in point of fact, deserves punishment for his own cruelty. The act is quite analogous to the practice of torture under our criminal laws in former days, and ought, under no pretence, to be allowed in schools. Whether the use of the rod or the cane, even for punishment, in the correct acceptance of the word, should be allowed, will always be a question with some persons; but I think due attention to that correct acceptance will do a good deal towards narrowing the controversy. Very few, even among the most advanced humanitarians, I fancy, would object to inflicting a moderate caning on a boy who cruelly ill-treated a younger child, or heartlessly pilfered the apples from an old woman's stall. In these cases the punishment is given for exactly the same purposes, and on the same principles as it is given to older criminals, namely, as a just retribution for a wrong inflicted on another, and in order to deter by means of fear from a repetition of crime those who have no moral sense to deter them otherwise. On the other hand, scarcely would the most determined advocates for the discipline of the rod, I think, suggest its application to the poor, slow boy, painfully conscious of his own defects, who stutters and stammers over a task at which he has been laboriously plodding for hours, and which has cost the ready boy beside him perhaps but a few minutes to learn. As corporal punishment is used, and the question of its use discussed, in 'homes' as well as in schools, these few words may not be out of place; nor will they, I feel sure, be useless. For want of inquiry into the proper definition of this term, who can say what terrible wrongs have been inflicted; wrongs which have not only saddened, but wrecked lives. 'The young soul is all budding with capabilities,' says Carlyle, 'and we see not yet which is the main and true one.' Yes, and the ignorant teacher who flogs the child for lack of a capability he does not possess, most probably, most certainly, never sees those he does possess; and for want of their cultivation results a wasted existence where there should have been a valuable and useful one. I will not take up space in considering the question

as to whether idleness and disobedience are not actual crimes in children, and therefore to be punished as such, simply because nothing I have said as to the apparent disobedience in not learning a task can be properly applied to the real disobedience of not complying with a rule on an order as to manners or conduct: while as to idleness, no child is ever by choice idle, except from ill-health or idiocy. Let the teacher only have intellect enough to find out what the child can do, and he may be quite sure that that the child will love to do. The teacher has only to nourish the 'budding capability:' how many budding capabilities have been destroyed by the teacher's want of capability for anything but the rod, God only knows!

ANNA PERRIER.

A BEAUTIFUL LEGEND.

BY MARY E. MANNIX.

Softly fell the touch of twilight on Judea's silent hills;
Slowly crept the peace of moonlight o'er Judea's trembling rills.
In the Temple's court conversing, seven elders sat apart;
Seven grand and hoary sages, wise of head and pure of heart.
'What is rest?' said Rabbi Judah, he of stern and steadfast gaze.
'Answer, ye whose toils have burdened through the march of many days.
'To have gained,' said Rabbi Ezra, 'decent wealth and goodly store,
Without sin, by honest labour—nothing less and nothing more.'
'To have found,' said Rabbi Joseph, meekness in his gentle eyes,
'A foretaste of heaven's sweetness in home's blessed paradise.'
'To have wealth, and power, and glory, crowned and brightened by the
pride
Of uprising children's children,' Rabbi Benjamin replied.
'To have won the praise of nations, to have worn the crown of fame,'
Rabbi Solomon responded, loyal to his kingly name.
'To sit throned, the lord of millions, first and noblest in the land,'
Answered haughty Rabbi Asher, youngest of the reverend band.
'All in vain,' said Rabbi Jarus, 'if not faith and hope have traced
In the soul Mosaic precepts, by sin's contact uneffaced.'
Then uprose wise Rabbi Judah, tallest, gravest of them all:
'From the heights of fame and honour even valiant souls may fall;
'Love may fail us, Virtue's sapling grow a dry and thorny rod,
If we bear not in our bosoms the unselfish love of God.'
In the outer court sat playing a sad-featured, fair-haired child;
His young eyes seemed wells of sorrow—they were godlike when he smiled.
One by one he dropped the lilies, softly plucked with childish hand;
One by one he viewed the sages of that grave and hoary band.
Step by step he neared them closer, till encircled by the seven,
Thus he said, in tones untrembling, with a smile that seemed of heaven:
'Nay, nay, fathers! Only he, within the measure of whose breast
Dwells the human-love with God-love, can have found life's truest rest;
'For where one is not, the other must grow stagnant at its spring,
Changing good deeds into phantoms—an unmeaning, soulless thing.
'Whoso holds this precept truly owns a jewel brighter far
Than the joys of home and children—than wealth, fame, and glory are.
'Fairer than old age thrice honoured, far above tradition's law,
Pure as any radiant vision ever ancient prophet saw.
'Only he, within the measure—faith apportioned—of whose breast
Throbs this brother-love with God-love knows the depth of perfect rest.'
Wondering, gazed they at each other. 'Praised be Israel evermore;
He has spoken words of wisdom no man ever spake before!'
Calmly passing from their presence to the fountain's rippling song,
Stopped he to uplift the lilies strewn the scattered sprays among.
Faintly stole the sounds of evening through the massive outer door;
Whitely lay the peace of moonlight on the Temple's marble floor.
Where the elders lingered, silent, since he spake, the Undefined—
Where the wisdom of the ages sat amid the flowers a child!

The Bazaar Journal (American.)

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,

And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

The place of charity, like that of God, is everywhere.—*Professor Vinet.*

Armies of fearful hearts will scorn to yield
If lions be their captains in the field.

Alcyn.

Abuse not any that are departed, for to wrong their memories is to rob their ghosts of their winding-sheets.—*Fuller.*

Learn this of me, where'er thy lot doth fall,
Short lot or not, to be content with all.

Herrick.

Those who are apt to be familiar on a slight acquaintance will never acquire any degree of intimacy.—*Trusler.*

Praising what is lost
Makes the remembrance dearer.

Shakespeare.

A miser grows rich by seeming poor; an extravagant man grows poor by seeming rich.—*Shenstone.*

I wish not what I have at will:
I wander not to seek for more:
I like the plain; I climb no hill:
In greatest storm I sit on shore,
And laugh at those who toil in vain,
To get what must be lost again.
This is my choice: for why—I find
No wealth is like a quiet mind.

Old Song.

To speak truly, few adult persons can see nature; at least, they have a very superficial seeing. The sun illuminates the eye of the man, but shines into the eye and the heart of the child. The lover of nature is he whose inward and outward senses are still truly adjusted to each other, who has retained the spirit of infancy even into the era of manhood. His intercourse with heaven and earth becomes part of his daily food. In the presence of nature a wild delight runs through the man, in spite of real sorrows.

Emerson.

Since all that is not heaven must fade,
Light be the hand of ruin laid
Upon the home I love.

Keble.

I know but one way of fortifying my soul against the gloomy terrors of death, and that is by securing to myself the friendship and protection of that Being who disposes of events and governs futurity. He sees at one view the whole thread of my existence, not only that part of it which I have already passed through, but that which runs forward into all the depths of eternity. When I lay myself down to sleep, I recommend myself to His care; when I awake I give myself to His direction.—*Addison.*

Warm summer dwells upon thy cheeks
And in thy dancing eyes;
But in thy little heart, fair child,
Cold frosty winter lies.

Yet these, I think, as years go on,
Will play a different part;
Then winter on thy cheek shall be,
And summer in thy heart.

Heine.

Inquisitiveness or curiosity is a kernel of the forbidden fruit which still sticketh in the throat of a natural man, and sometimes to the danger of his choking.—*Fuller.*

And let men so conduct themselves in life,
As to be always strangers to defeat.

Yonge.

THE HOUSEWIFE'S CORNER.

YARMOUTH BISCUITS.

Take six ounces of currants, clean and dry them very well, rub a little flour among them to make them white, half a pound of sugar powdered, twelve ounces of sifted flour, and half a pound of fresh butter rubbed in it, beat three eggs, and mix all together in a paste; roll them about the eighth of an inch thick, and cut them in shapes; bake them on two papers or tins in rather a quick oven.

GINGER CAKES.

Beat up three eggs in half a pint of cream, put them over the fire, and stir them till warm; then add a pound of butter, half a pound of powdered loaf-sugar, and one ounce of prepared ginger; carefully stir them together over a moderate fire, to melt the butter, then pour it into the middle of two pounds of flour, and make it into a good paste; roll it out rather thin without any flour, and cut the cakes with a tin cutter. They are generally baked on three papers, laid on tins in a hot oven.

TRANSPARENT OR SNAP GINGERBREAD.

To three quarters of a pound of flour take one pound of sugar, melt a quarter of a pound of butter in half a pound of treacle, and a glass of rose-water, with half a teaspoonful of carbonate of soda dissolved in it; add mace and ginger, and a little grated lemon-peel; mix all well together, adding an egg well beaten. Let it stand two or three hours in a cool place, then drop it on warm tins well-buttered, and bake in rather a quick oven, and, while warm, after it has stood a short time, roll up the snaps lightly, the upper side outwards. As a crisp state adds much to the quality of this gingerbread, it will be found to answer best to make only a small quantity at once; and the paste keeps well in a jar covered close.

PORTRAITS.

THE following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

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FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the news-vendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

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BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

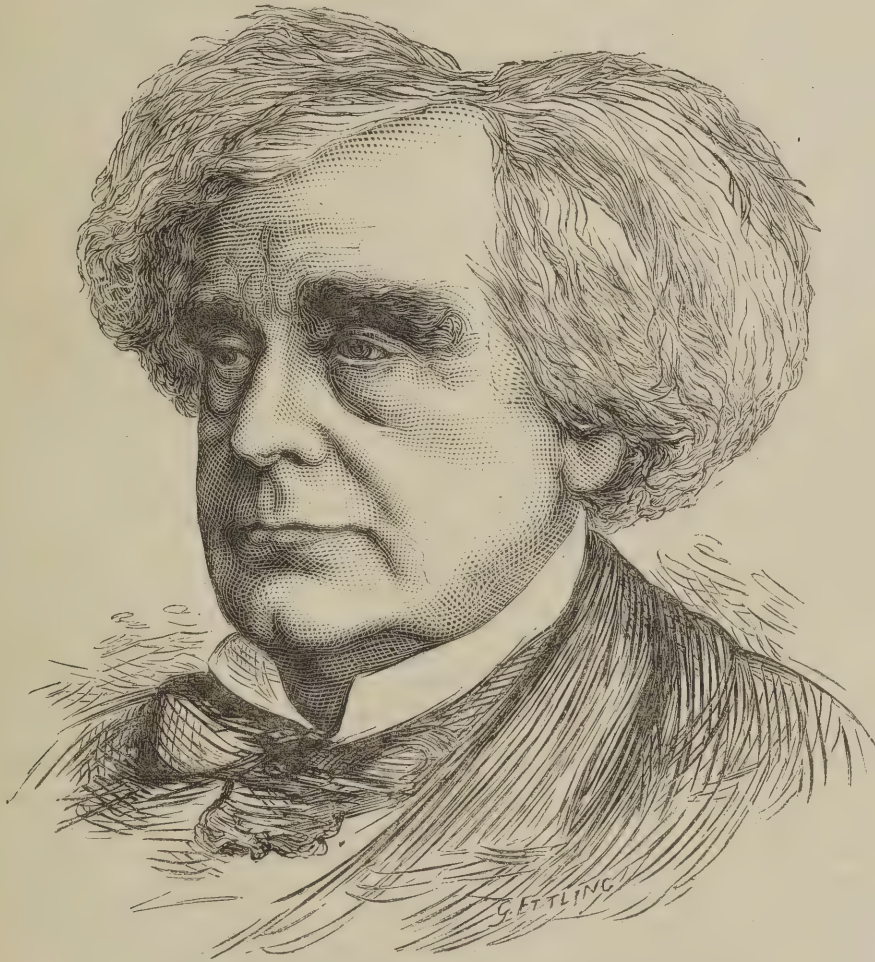
AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 47, Vol. II.]

SATURDAY, DECEMBER 13TH, 1879.

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S. C. HALL, Esq., F.S.A.

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The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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S. C. HALL, ESQ., F.S.A.

THE names of Mr. and Mrs. S. C. Hall, with those of Charles Knight and William and Mary Howitt, will be ever associated with the elevation and refinement of popular literature during the last half century.

Mr. Samuel Carter Hall, F.S.A., Barrister-at-Law, the fourth son of Col. Robert Hall, was born at Topsham, Devonshire, in 1801. He entered literature as a profession by becoming a gallery Parliamentary reporter for the *New Times*. In 1825 he established, and for many years edited, the *Amulet*, a popular annual. He succeeded Campbell, the poet, as editor of the *New Monthly Magazine* in 1830. For the popularization of art in Britain, he has laboured with great zeal and considerable success. In 1839, he established the *Art Journal*, which he carried on for some time, under the most discouraging circumstances; but persevering, he succeeded in gaining for that journal a world-wide reputation. This work has had a great influence in the progress of art and art-manufacture in this country, in the United States, and also, to some extent, in the colonies. In 1851 an 'Illustrated Catalogue of the Exhibition of the Industry of All Nations' was issued with the *Art Journal*, presenting, pictorially, the fullest and most authentic record of the contents of the Crystal Palace extant. In 1862 a similar work was issued, descriptive of the International Exhibition of that year, and in 1867 a work of the same kind concerning the Universal Exhibition at Paris.

The *Art Journal* is famous for the high-class steel engravings which are issued with it, embracing, among other celebrated collections, a series from the Vernon Gallery, and a selection from the fine old collection of her Majesty.

An illustrated book on Ireland, written conjointly with Mrs. Hall, is perhaps the most popular work with which his name is associated. 'The Book of Gems,' 'The Book of British Ballads,' 'Baronial Halls,' and other illustrated books, have been edited by Mr. Hall. In 1870 he published his 'Book of Memories of Great Men and Women of the Age,' a work almost unique of its kind, it being based upon the personal recollections of its author.

But Mr. S. C. Hall is not merely a man of letters; he is a social reformer of a very pronounced type. In 1872 his attention was directed to 'our national drunkenness' by a leading article in the *Times*. He at once set himself to work upon a

poem, 'The Trial of Sir Jasper,' which, although published at one shilling, contained as much real art as is generally found in a guinea illustrated book. After the shilling edition, numbering 40,000, was exhausted, a drawing-room edition was issued. By the addition of Notes, which in themselves form a text-book on the question, 'Sir Jasper' became a splendid table book.

'Sir Jasper' was followed a year or two later by a second poem, entitled 'An Old Story,' illustrated throughout by the best artists of the day. This second work is much superior to 'Sir Jasper' in its get up. Rarely, if ever, had so much high art been collected into a single book. The poem itself, too, is much more comprehensive than its predecessor, tracing out the social results of drinking, and noting the forces in society which feed and foster the vice. Regarding the Grocer's licence for the sale of drink he says:

'To men the public-house may be a curse,
But to the women *grocers' shops* are worse;
They, with a lure invisible, entice
To shame—and add hypocrisy to vice,
Teach her to act a lie: for who will think
A woman goes there—as she does—for drink?
No wine is named in the week's bill or book;
Naught to alarm or startle those who look.
The husband marvels so much *tea* is taken;
Suspicion comes at length, his faith is shaken:
The signs are there; conviction follows doubt;
Of all our sins, that sin will "find us out."
Take warning: dearly bought, yet simply told,
LET NO ONE PURCHASE TEA WHERE WINE IS SOLD!'

It is impossible to estimate the valuable influence these works have exerted in promoting temperance, and their venerable author must derive great satisfaction from this branch of his labours. Mr. Hall has been active in promoting charitable institutions. He assisted in founding 'The Hospital for Consumption,' 'The Temperance Hospital,' 'The Governesses' Institution,' 'The Pensioner's Employment Society,' he acted as one of the hon. secretaries of the Nightingale Fund, and he was one of the earliest and most active promoters of the Saturday half-holiday movement.

A few years since a national testimonial was presented to Mr. and Mrs. Hall, when the Poet Laureate and the leading literary spirits of the age united in testifying to the high esteem in which the recipients were held. In the evening of his days, Mr. S. C. Hall can see in the improved tone of society the visible effects of his labours; and in an age when so much that is questionable in art and literature has been issued, it must be a satisfaction to him to feel that his name has never been associated with any work not calculated to elevate and purify the taste and temper of the times.

MESSRS. WILLIAM TULLOCH AND SON, of 26 and 27, Bury Street, St. Mary Axe, E.C., have just produced a cocoa which, from the numerous qualities it possesses, merits special recognition. After years spent in endeavouring to produce this much-esteemed beverage in its purest and most nutritious form, they have in their 'PURE DUTCH COCOA' succeeded in combining all the most excellent qualities in their highest degree, and from the low figure at which they can offer it to the public, they have opportunely met a growing demand for a pure high-class breakfast beverage in their new product.

* Mr. Hall's Temperance Poems are now sold at the National Temperance League's Publication Agency, 337, Strand, W.C.

HYGIENE.

THE METROPOLITAN WATER TRUST.

To the Ratepayers—A Warning.

By HENRY CRATHERN.

(Concluded from page 268.)

THE fifth paragraph of the Metropolitan Water Trust scheme, the provisions of which I am here examining, and against which I write this warning to the ratepayers, is one capable of great abuse, and one which, at the ratepayers' expense, may be made to redound greatly to the profit of the Companies whose rights are to be purchased. It runs thus :

'To make provision as to the application and distribution of the purchase moneys, and as to the payment of the debts and liabilities attaching to the respective undertakings purchased.'

The question raised by this paragraph is one that should strike everyone for himself ; and, indeed, such is the case with the other points which go to make up this warning. Let the metropolitan ratepayer, in view of this clause, ask himself this question : *If he were purchasing a business in one of the ordinary pursuits of life, would he expect to find such a clause as this in the contract ?* Would one tradesman, offering to purchase the business of another, think for one moment of inserting in the agreement a clause binding himself to make provision for the payment of the debts and liabilities of the vendor ? I think not. The vendor would be expected to settle his private affairs for himself. Why, then, in this case, should the metropolitan ratepayers be bound to make provision for the payment of the debts and liabilities attaching to the water companies ? It would be an extremely hazardous position to take up, for the Metropolitan Water Trust, under this clause, would stand in the position of surety for the water companies to their creditors, and therefore, failing payment by the water companies, morally bound to meet the demands of those companies' creditors. Such a course would but complicate matters, by introducing a multitude of claimants to the funds placed at the disposal of the Trust.

This clause must be most strenuously opposed ; the more so, indeed, that the next two clauses (beyond which this examination in detail does not extend) are framed in a similarly ostentatiously benevolent spirit. Benevolence is a laudable quality ; but when it becomes a matter of duty, the obligation of benevolence must be placed upon the right shoulders—and they are not those of the ratepayers at large. The two clauses now to be discussed will show these remarks in their true bearing.

Paragraph six of the scheme is :

'To provide for the dissolution of the Companies whose entire undertakings shall be purchased, and for the winding-up of their affairs.'

What is the winding-up of the purchased Companies to do with the ratepayers, whom the Trust would represent ? It follows naturally enough that, their business given over into the hands of a metropolitan authority, the Companies should cease to exist as aggregations of capital. Their occupation gone, their sole excuse for existing at all would be vanished also. They would have nothing to do—no business to carry on ; therefore the reason of their being would have ceased, and therefore also, in common sense, and in the common course of things, they

would 'shuffle off' their incorporate 'mortal coil.' That the expense attendant thereon should be thrown upon the shoulders of the metropolitan ratepayer is a proposition so absurd that one can hardly conceive of its being advanced. Yet what else does this paragraph mean ? To provide for the dissolution of the Companies and their winding-up—if it does not mean that it is intended to include in the proposed Bill a clause indemnifying them from the expenses attendant upon these necessary actions, what does it mean ? To imagine that it only means that it shall be made compulsory upon these Companies to dissolve and wind-up, would be indeed to imagine a 'vain thing,' or at least a great absurdity ; for it would but be providing by law for that which must come in the natural course. The ratepayer must lay stress upon this point. The dissolution and winding-up of the Companies, with the expenses attendant thereon, is surely the affair of the Companies and their shareholders alone. If they sell their businesses, and thus rid themselves of their occupations, it is for them to smooth the way for their own retirement from their present position ; and a Bill that proposed to do this necessary duty for them would but land the metropolitan ratepayers in a string of never-ending expenses.

The seventh paragraph of the advertised scheme is equally objectionable, proposing as it does :

'To make provision as to the employment of and duties to be performed by the existing officers and servants of the respective Companies, and for compensating such as may be deprived of any salary or emoluments.'

That the existing officers should, as far as possible, be employed is but right. No one would wish for any other arrangement ; and that would be an unfortunate public or semi-public body which was compelled to inaugurate its régime by a wholesale disbandment of the very servants whose services it would most need. To an ordinary mind such a commonsense course would have carried with it its own recommendation ; but perhaps it is as well that such a mode of procedure should be enjoined upon the Trust—it is well some boundary should be fixed against irresponsible impracticality. But when it is proposed that the ratepayer shall provide compensation for deprivation of 'any salary or emoluments,' it is asking of him too much. *Where would this compensation stop ? Would it include the Boards of Directors, the Managers, the Secretaries, and the whole host of hangers-on of the Companies whose businesses are to be purchased ?* These are serious questions to the ratepayers. There must of necessity, if this scheme is carried out, be many persons disofficed, and they will not be those who hold the least lucrative positions. Those who will lose their salaries and emoluments will, in a great measure, be the superfluous, the inefficient, and the useless—why should they be compensated for being compulsorily retired from positions they are incompetent to fill with benefit to their employers ? It will no doubt be a great misfortune for them ; but a man's value is not in the position he holds, but in his ability to fill it with profit to his employers, equally with profit to himself. The efficient officers for whom no occupation could be found (and they would be few, comparatively) must content themselves, as others whose lines have not fallen in such pleasant places, with the knowledge that they have done their duty, and been rewarded according to their merit (presumably—if not, why did they continue to hold their posts ?) by the salaries and emolu-

ments they have already received. If they require anything more, it is from the Companies they must claim, and from the Companies they must obtain, if they can, any further reward—not from the pockets of the metropolitan ratepayers.

This is the last clause of more than passing interest, the remainder being merely supplementary to the scheme, the salient points of which are contained in the paragraphs I have noticed. The only further remarks I have to make thereon are: Why is it not stated by whose authority this scheme is published? and Why is there not affixed to this notice, as is the usual form, a declaration of the day upon which printed copies of the intended Bill will be deposited in the Private Bill Office of the House of Commons? These are two important, and at the same time significant, omissions; and they are also indicative of the perfunctory spirit in which the scheme has been drawn up and made public. It is for the ratepayer to ensure that the reprehension fall upon the right heads.

It will be hard for a future generation to believe that a scheme like this, upon a matter so important to the metropolitan ratepayer—affecting at one and the same time both his sanitary well-being and his pecuniary interests—should have been received with such utter apathy. It is not that the question has not been discussed—the voice of public opinion had previously made itself heard upon the subject. Yet a scheme fraught with such dangers to the ratepayers as I have pointed out, strange to say, is received apparently without the least interest being awakened, and with the merest congratulatory or feebly condemnatory Press notice. For this, no doubt, the burst of Imperial and home political excitement which followed immediately upon its issue has to answer; but, however important may be the results involved in the expected General Election, it must not be forgotten that the present Ministry have yet another Session before them, if they choose to remain in office. And that they do so choose, I think the promises of legislation they have made are, in a measure, a guarantee. But, as upon a previous occasion I remarked (*House and Home*, Nov. 22)—and I now repeat the remark—

‘In our vast metropolis there is no public body capable of properly overseeing the supply of water, or any other matter that affects that kingdom within the kingdom as a whole. The Corporation of the city have no jurisdiction outside their ancient boundaries, the vestries have no power outside their several districts, the Metropolitan Board is not to be trusted—its folly and mismanagement under the Artizans’ Dwellings Acts is a specimen of what is to be expected from that body. There must therefore come, concurrently with a settlement of the question of water supply, a settlement of that other vexed question—the Municipal Government of the Metropolis as a whole. This also will bring in its train a long-desired inquiry into the nature, functions, and funds of the City Companies, with a view that their almost unbounded wealth may be made applicable to the relief of the necessities of the capital. It is not, then, a matter which can be settled by one little Bill, neither is a series of little Bills calculated to be of much service. A comprehensive measure alone can be of any real use, and much time and care must be given to it if a satisfactory issue is to be arrived at. To give this time and care in the present political situation is impossible. A Municipal System suited to the requirements of our enormous metropolitan population cannot be built up in a few hours spared to it out of the many that must next Session be devoted to Imperial subjects of much urgency, and upon which there is great diversity of opinion; and, apart from all party considerations, it would be

the height of presumption for any Government with but at most another Session between it and an appeal to the nation to attempt to solve an issue of such magnitude.’



DIETETICS.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of ‘The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;’ ‘Infanticide;’ ‘Baby Farming,’ etc., etc.

(Continued from page 270.)

II.—WHEN THE CHILD IS NURSED BY THE BOTTLE.

WHEN a child is brought up by the bottle, and suffers from wind, colic, diarrhoea, and the usual irksome symptoms attendant upon imperfect digestion, then attention should at once be directed to the condition of the feeding bottles. They should be carefully inspected to see that they are perfectly sweet and clean, and that not a particle of stale milk adheres either to the tubes, or teat, or bottle.

The milk must be of good quality, and, if possible, care should be taken to secure milk that is not obtained from cows that are kept in over-crowded shippens and fed in such a manner as to produce the greatest quantity of milk. Good country milk is the best, but if it has to be conveyed by rail for a considerable distance, it undergoes a modified churning, and is not adapted for infant digestion. When fresh cows’ milk cannot be obtained twice daily, recourse must be had to condensed milk. Fresh milk requires to be diluted with an equal quantity of warm water and modified by the addition of phosphate of lime and sugar of milk, as directed in chap. vi. The temperature must be regulated by the thermometer so as to come as near 98° Fahr. as possible, thus avoiding the evil consequences that arise from giving food too hot or too cold.

Swiss milk must be freely diluted as directed. It requires no addition of sugar, but, according to the age of the child, a few grains of common table-salt may be added with advantage; and further, the child must be fed at regular intervals. The greatest care and exactness are necessary in order to prevent a disordered condition of the stomach and bowels in bottle-fed children. The neglect in carrying out in daily practice these little details is the fruitful cause of the distressing symptoms of indigestion so commonly found among hand-fed children. Not only does improper feeding produce colic, diarrhoea, etc., but it also sets up an irritation of the highly sensitive vascular membranes of the intestines, and if it continues for a considerable time, results in organic changes taking place in the glands of the intestines, and producing a disease known by the name of marasmus, or consumption of the bowels. Thus indigestion, if allowed to become permanent, may produce a disease which terminates in slow starvation and death of the child.

Vomiting and purging are particularly distressing to bottle-fed children, and are more or less dangerous, because of the

* A Sequel to ‘How to Feed an Infant.’

rapid exhaustion which usually follows. It is therefore very necessary to regulate the diet and improve the surroundings so as to conserve the warmth and strength of the child and reduce the irritation of the bowels to a minimum. With this object the milk should be boiled and diluted with equal parts of water and two table-spoonsful of lime-water added to each half pint. Of this mixture, two or three table-spoonsful should be given at a time, at intervals of two or three hours. The quantities and the intervals for feeding must be regulated by the age of the infant and its present condition; as a general rule, give half the quantity that you would in health, and shorten the intervals. It may be necessary to have recourse to medicines to check the sickness, to moderate the diarrhoea, and to lessen the pain; but the selection of the right drug and dose must be left to the medical attendant. Drugs are like knives for children, very dangerous tools to play with. To write a formula that would suit a case of diarrhoea would be an exceedingly simple matter, but that it should suit *all* cases would be impossible, for what would be judicious treatment in one case, or phase of a case, would be positively injurious to another. In the medicinal treatment of disease, each case must be prescribed for on its own merits, and this must be regulated by a consideration of the age, temperament, peculiarities, and stage of the complaint. The judicious parent will rest satisfied with having discovered the cause of the disease or ailment, and will act intelligently, if it depends on dietetic errors or unsanitary surroundings, by remedying them, rather than having recourse to 'infant preservatives,' which certainly might be more appropriately named 'infant destroyers.'

III.—WHEN THE CHILD IS WEANED.

The child's digestive organs are frequently severely tried at the time of weaning. The change from a simple milk diet to farinaceous and other foods, if not judiciously carried out, almost invariably gives rise to irritation of the bowels, producing colic, wind, and diarrhoea. At the period of weaning dentition is in progress, and this also predisposes the digestive organs to greater sensitiveness. The process of dentition is, under favourable dietetic and hygienic conditions, not necessarily connected with derangement of the bowels—they do not stand in the relation of cause and effect, and hence it is wrong to attribute intestinal disturbance to dentition. It happens that during the period of teething the glandular system of the child rapidly develops, and becomes specially susceptible of irritation; and this condition necessitates the greatest care in selecting the least irritating food. When coarser or richer foods are given, they usually produce a kind of diarrhoea popularly known as 'green scour.' The symptoms that usher in this complaint are wind, gripes, spasms; then vomiting sets in, and the matter ejected from the stomach is generally of a yellow colour, or greenish, or tinged with bile. The biliary secretions are suppressed, and the motions are found to be deprived of bile and of a light clay colour. The child rapidly loses flesh, the skin becomes dry and hard, and the belly tumid; the sufferings of the child are proclaimed by its restlessness and continual whining cry. The expression of the face is one of suffering. The skin hangs in folds about the limbs, and seems stretched across the face like a shrivelled-up Egyptian mummy. There is constant thirst, and a strong desire for cold water, with little

or no inclination for food. If these symptoms of irritation continue, the glands of the bowels become diseased, and the child gradually wears out its feeble body, and wearies its mother and nurse with continued crying and incessant nursing.

The management of such cases must, so far as the mother or nurse are concerned, be confined to their dietetic and hygienic treatment. The first step is to discontinue all food and get a healthy nurse, if the child be not too old, or asses' milk, or cows' milk and water, prepared as directed in chap. vi.; but in this instance the milk should be previously boiled, and two grains of carbonate of soda added to the half pint of milk and water. This must be given in small quantities and at regular intervals. The thirst and craving for cold water may be allayed by giving a teaspoonful of cold water at a time and applying warm fomentations, or hot flannels, or a tepid compress over the abdominal region, and covering with oil-silk. By these means the irritation of the stomach can be materially lessened. The administration of a starch injection also tends to soothe the irritation of the lower bowel; but the administration of sedative or astringent enemata must properly be left for the medical attendant to decide.

Children, about the time of weaning, from the active changes taking place in their glandular system, are specially susceptible to noxious influences. Hence the great importance of seeing that the house drainage is in perfect condition. If the insanitary conditions of dwellings caused by bad drainage, the non-removal of refuse, and contaminated water-supply continue to spread silently their active germs of poison, medical treatment will be powerless to save the 11,000 children that die from bowel complaints in England every year.

(Commenced in No. 33.—To be continued.)

LITERATURE.

WE find as follows in the *Greenock Advertiser* of October 3, 1879: 'Mr. William Andrews, F.R.H.S., editor of the *Hull Miscellany*, contributor to the magazines, and author of "Old Stories Re-Told," the "History of the Dunmow Flitch," etc., announces that he is about to publish in a certain number of newspapers successive instalments of a work to be called "Historic Romance," which will include "Strange Stories, Scenes, Mysteries, and Characters in our National and Local History." Articles will appear on "Ordeals by Water, Fire, and Touch—the Story of Lady Godiva—Miracle Plays and the Dawn of the Drama—Fairs in General and Bartholomew Fair in Particular—Gog and Magog—Joanna Southcott—Public Penance—and Christmas Customs." These are some of the highly interesting subjects which Mr. Andrews will take up, and which he is admirably qualified to treat, by reason of his exceptionally deep and wide antiquarian learning. We have a specimen of the extent and character of his information in the current number of the *Masonic Magazine*, to which he contributes some Romantic Epitaphs, annotating them with a fulness of fresh and interesting detail which promises well for the new work which Mr. Andrews has in prospect. We observe that Mr. Andrews is to give the benefit of his knowledge of English antiquities to the new magazine *Mid-England*, recently started, and to which we wish all possible success.'

SELF-CONTROL AND SELF-INDULGENCE.

To rule our body and mind is no easy matter, yet it is an important duty which we should all endeavour to fulfil; and, unless we do, we cannot be really satisfied with ourselves. Self-control is needed to rule the body and mind well. It is to do what we know to be right, and not to go from right to please any one. There are some persons who turn aside from the path which they believe to be right, just to oblige some one else. They can often preach well too, but, then, it is so much easier to talk about a thing than to do it, that I fear many of us are apt to perform the talking part every day during our lives, and to perform the doing part very seldom.

Here is a man who perhaps drinks a glass of beer, who knows he is better without it, but takes it just to oblige: he lacks self-control, for he has not the moral courage, nor the will, to refuse, lest he should offend his friend. To such a man I say, Beware! for many a man possibly acquired a taste, a liking for hurtful drinks by first taking a glass just to oblige. What led another man into a life of theft? Just a liking for a certain thing, and because he could not limit his wishes to his necessities. He lacked self-control. What is the cause of this woman leading a life of sin and shame? Want of self-control. She disliked honest work, and was always a lover of idleness and ease. So when temptation came and offered what seemed an easier life, she fell, and added one more victim to the many, many victims of indulged bad habits and want of self-control.

The want of self-control, the vice of self-indulgence in evil things, is a fearful weapon in the hands of Satan, and one with which he works fatally against us English people. Vice and drunkenness will not diminish amongst us till we have got into habits of self-control. Especially do we need self-control in eating and drinking. Nature has made eating and drinking necessary, but man has made them luxuries. Man is ever prompting himself to invent new delicacies, new luxuries, to stimulate the bodily appetite by highly flavoured condiments and sauces, and by all sorts of artificial means. Yet with all the luxuries that man has introduced he is not happy. The lower animals, with simple instinct, are more healthy and more happy than man, who possesses the higher gift of reason. Why is this? He has abused the use of reason, he lacks self-control, and these degrade the towering genius beneath the level of the most inferior. Man's luxuries, his indulgences, deprive him of health, and the want of health makes him unhappy. He has neglected his duty; indeed, he has forgotten what his duty is. His conscience, which ought to be the living, actuating, governing principle of the whole man, is dead, and thus he perceives not the evils which he greedily commits, and the principle of doing right, because it *is* right, is no longer the ruling motive of his actions. If there is one thing more difficult to perform than another in a man's life, it is to reform, because the practice, and custom, and repetition, and habit take such a hold upon him; still, it is the duty of us all to keep under our body and bring it into subjection; and let us at no time neglect what conscience suggests and experience proves to be right merely for the sake of some immediate temptation or selfish pleasure.

R. SHIPMAN.

AN AFFECTING STORY.

THE following particulars of an example of pure affection are drawn from a paper on 'Romantic Epitaphs,' by William Andrews, F.R.H.S., in the last month's issue of the *Masonic Magazine*.

The churchyard of the Yorkshire village of Bowes contains the grave of the two lovers whose touching fate suggested Mallet's beautiful ballad of 'Edwin and Emma.' The real names of the couple were Rodger Wrightson and Martha Raildon. The story is rendered with no less accuracy than pathos by the poet:—

'Far in the wanderings of the vale,
Fast by a sheltering wood,
The safe retreat of health and peace,
A humble cottage stood.
There beauteous Emma flourished fair,
Beneath a mother's eye;
Whose only wish on earth was now
To see her blest and die.
Long had she filled each youth with love,
Each maiden with despair,
And though by all a wonder owned,
Yet knew not she was fair,
Till Edwin came, the pride of swains,
A soul devoid of art;
And from whose eyes, serenely mild,
Shone forth the feeling heart.'

We are told Edwin's father and sister were bitterly opposed to their love. The poor youth pined away. When he was dying Emma was permitted to see him, but the cruel sister would scarcely allow her to bid him a word of farewell. Returning home, she heard the passing bell toll for the death of her lover:—

'Just then she reached, with trembling step,
Her aged mother's door—
"He's gone!" she cried, "and I shall see
That angel face no more!
"I feel, I feel this breaking heart
Beat high against my side"—
To her white arm down sunk her head;
She, shivering, sighed and died.'

The lovers were buried the same day and in the same grave. In the year 1848 Dr. F. Dinsdale, F.S.A., editor of the 'Ballads and Songs of David Mallet,' etc., erected a simple but tasteful monument to the memory of the lovers, bearing the following inscription:—

'Rodger Wrightson, jun., and Martha Raildon, both of Bowes, Buried in one grave. He Died in a fever, and upon tolling his passing Bell, she cry'd out My heart is broke, and in a Few hours Expired, purely thro' Love,
March 15, 1714-15.

Such is the brief and touching Record, contained in the parish Register of Burials.

It has been handed down by unvarying tradition that the grave was at the West end of the church directly beneath the bells. The sad history of these true and faithful lovers forms the subject of Mallet's pathetic Ballad of EDWIN and EMMA.'

WHEN TO DRINK WHISKY.—Eat oysters only in months that have an 'r' in their names, and drink whisky only in the months that have a 'k' in their names.—*Albany Journal*.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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A SPECIAL FEATURE in advertising, for private persons only, is occasionally presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOUSE AND HOME.

LONDON: DECEMBER 13th, 1879.

THE CLAIMS OF THE POOR UPON THE RICH.

And wherefore do the poor complain?

The rich man asked of me;

Come, walk abroad with me, I said,

And I will answer thee.

Southey.

We are told by meteorologists that a wet summer is generally succeeded by a cold winter, and this year the correctness of the observation is verified. We had a deficient harvest, due to an unpropitious spring and summer, and with it a depression in every branch of industry—a depression which, after some years' continuance, is only now slowly lifting. The effects fall the heaviest upon the humblest classes, upon the 'poorest poor.' Professor Wilson said, 'There are direful tragedies for ever steeping in tears and blood the footsteps of the humblest of our race.' In periods of commercial distress these tragedies are multiplied and the horrors of them intensified. It is impossible to estimate the numbers of those who are steeped in poverty and suffering. We gather from the Poor-law Returns that the numbers seeking in-door and out-door relief are greatly on the increase, and the Bills of Mortality show a serious addition to the death-rate; and this tells of a proportionate amount of sickness and disease. The appeals from charitable institutions and to private benevolence are numerous and urgent. The Christmas, which brings to the sober mind grateful recollections and wholesome reflections, and which will be as usual a season of welcome and festivity in the abodes of comfort, will be a sad season to the indigent and the helpless. Some even of the happiest homes will be darkened by the shadow of death, by the presence of sickness, by the remem-

brance of recent bereavements, or by the disseverment of old attachments; but these are the natural and inevitable consequences of man's frail being, and in the main are merciful dispensations calling the mind back to a sense of obligation and duty. These are sad things in the homes of affluence; but to feel that want, with its gaunt attendants, stands at the threshold of so many homes, where plenty is never known, and that in a Christian country there should be deaths from starvation, is a most appalling contemplation, and is a startling appeal against our vaunted civilisation.

The *Times*, the *Standard*, and other organs of the press have contained leading articles strongly enforcing the claims of the poor upon the benevolent, but attended with judicious cautions against indiscriminate relief. These appeals cannot be too strongly put; and the caution as to the evils of profuse and careless almsgiving is equally important. It is difficult, if not impossible, to exercise restraint when suffering is before the eye. The suffering is palpable, and there is a yearning to relieve it; and perhaps it is not the moment, or the donor has not the inclination, to inquire how the suffering has been brought about, hence vast sums of money are misapplied. The well-to-do classes do not, however, come face to face with the sufferers, and they subscribe to a subscription-list or drop a donation into a collecting-box, without any clear idea of the nature or extent of the evils they seek to remove, or the pain it is intended to alleviate. There is no lack of benevolence among our people—it is found in all classes—but it seems to need a better and more intelligent direction. It is known to clergymen and visitors among the poor that many of the most deserving cases of poverty do not obtain relief. The men and women reduced to indigence by improvidence and intemperance are not those who die of starvation. They manage to live and procure means to gratify a vicious appetite, and the clamorous and practised relief-seeker will by importunity and artifice obtain it. But there are others, the minority it must be admitted, who have been reduced by the sudden loss of the bread-winner, by misfortune or by long sickness, to absolute poverty, and who pine and gasp in their wretchedness rather than seek the aid of the poor-law or apply to any of the numerous charities. An excellent lady—a visitor among the poor, told the writer, 'the most deserving cases do not obtrude themselves—they have to be sought out.' To correct any optimist views as to the condition of society, the inquirer should traverse the streets and enter the dwellings of the poor. There is much to offend, something to disgust, but the observer cannot fail to perceive that much more is needed than to relieve present distress. He will learn that it is good to give a loaf to the starving man, but that it is an equal and perhaps greater benefit to teach him how to earn the loaf for himself. He will learn also this lesson: that a population living under such conditions of squalor and wretchedness, so physically degraded, cannot, unless the laws of nature were reversed, become a healthy, self-reliant, moral and religious people. It will take him but a short walk to the squares and terraces where the wealthy reside, those who by their wealth and influence could in a few years change the hovels into comfortable dwellings, if they were properly aroused to a sense of Christian duty, if they had learnt that they are but trustees of the wealth which they possess. The money that is poured out like water upon indulgences which bring no real happiness, no adequate return, would, if applied in the way of sanitary improvement, change

the face of our cities. The erection of dwellings would find employment to multitudes, and would strengthen the institutions of the country by elevating the population in manners and morals.

Perhaps the most sad of all sad sights to be met with in the lowest parts of our large towns and cities is the condition of the children. Numbers of them stunted and hungry-looking, ill-clad, with all the innocent joyousness of children, all the better traces of humanity, crushed out of them, are not yet gathered in by the School Board, and if they were, what is that school-teaching to do towards counteracting the evil example of their homes? We are reminded of the saying of Charles Lamb, who, on meeting a procession of charity children, exclaimed, 'The saddest sight of all is to see so many living things with so little life.' We have to remember that those who survive among these children have to become the fathers and mothers of another generation. How are we to root out the seed plots of disease and crime, unless attention be paid to this condition of the poor, unless we begin the inquiry, how is it there are so many destitute and so many always on the verge of destitution? While the relief is administered to the poor and the needy, let us take care that we labour to remove the causes of their degradation.

It is right at this season to call attention to the great wants of the day, and to look to the prospects of the future. Vice and misery are fearfully reproductive, and the seed sown in one generation will not fail to bear abundant fruit in the succeeding ones. Let these things be looked at now; as for their existence, all who have the means to help are responsible. The Christmas of 1880 may be made, whatever vicissitudes of trade may occur, brighter than that of 1879, and every Christmas after brighter than the one before it. But this can be brought about by Christian charities only. Diligent inquiry is the necessary preparation for successful labour. The labour of good men, provided it is wisely directed, is always blessed: it blesses those who give, and those who receive.

In making these remarks, we wish to encourage the helping hand. The claims of the poor are strong upon those whom Providence has blessed. The necessities are immediate, and must be met by supplies of food, and raiment, and fuel; but it is desirable, nay, an indispensable part of true benevolence, to come into the presence of the suffering. A word of sympathy, a gentle admonition, tells at such times upon the worst with a softening effect. What Dr. Chalmers so strongly insisted upon, we would humbly recommend in connection with all Christian congregations, that is, lay agency. It was the duty, in the opinion of that good and great man, of every Christian to become a visitor among the poor. Such visitations are fraught with many blessings, and they teach many lessons. They suggest many serious and indeed awful inquiries, amongst them these: Why the disparity of conditions, the agglomeration of extreme wealth in one class, the extreme poverty in another? How it is that the children of one common father, and hastening to one common house, where the crown of the monarch avails no more than the staff of the beggar, should be separated by so wide a gulf as that which yawns between them—a gulf which appears to be widening? The moral we desire to draw is this: In the present period of distress we say to those who possess the means, give largely and freely, but use judgment in the distribution, but above all else make yourselves acquainted with the condition of the classes you seek to

relieve, and with the view to use all your strength and influence in giving to the people better houses, a better water supply, and proper drainage. Do what you can to help the poor to those things which no exertions of their own can procure for them, but teach them at the same time that much depends upon their own habits for all the rest. It is in the power of legislation to do much, but after all, no legislation can do so much for the people as they can do for themselves.



CURRENT OPINIONS AND EVENTS.

On the 5th inst., at the Guildhall, Mr. Alderman Nottage made some sensible remarks respecting the suffering among the poor, and the very inadequate resources of the poor-box. The worthy alderman said:

'I regret to hear of the very low state of the poor-box. Its condition is in an inverse ratio to the distressing claims upon it. I am certain that the generosity of the citizens of London, who only want a good cause for their charity, will cheerfully supply what is needed. The present severe cold causes much suffering among the poor, and those who have prospered in life, while seated round their warm and cosy fires, may well give a thought and something more substantial to those who have seen happier days, but have now fallen out of the ranks, and to whom the ills of poverty are much heightened by the want of fuel and warmth during this intensely bitter cold weather. I hope all the great City Companies, whose generosity is well known, will remember the Guildhall Poor-box at this special season, for they, and every one who contributes, can be assured that their liberality will be most carefully bestowed. As I do not wish to preach without practising, I hand you, Mr. Martin (the chief clerk), a £5 note to commence the list of Christmas contributions, and I hope you will have to receive and acknowledge many more.'

It is fitting that other sufferers should not be lost sight of. Dr. George Macdonald has issued an appeal for the birds, which we hope will not be lost upon old or young. Our young friends should make themselves acquainted with the Dickey Bird Association, whose headquarters are at Newcastle-on-Tyne. The *Weekly Chronicle*, one of the best papers published, chronicles the doings of this admirable society; and each week two columns are occupied with information of the most interesting kind about birds. According to the issue of that paper for Saturday last, the 'D. B. A.' now numbers 38,362 members. But Dr. Macdonald's plea is as follows:

'The weather is severe. Snow is frozen hard, and our wild birds suffer hunger. Tens of thousands of our little feathered friends can be kept from starvation easily and cheaply by the many kind hearts who are inclined to acts of benevolence by throwing every morning a few crumbs, a handful of groats, or kitchen refuse to them. Let us all take the work of feeding the poor little birds to heart. They will show their gratitude by charming our ears with their sweet and joyous song in the spring. They will requite us by proving themselves the faithful protectors of our flocks and forests, orchards and gardens; for grubs, slugs, and insects are their chief food. Moreover, birds are the most beautiful of God's creatures; and no land, however adorned with hills and valleys, dales and fields, lakes and rivers, trees and flowers, is sweet without them. Children especially love birds. I know, then, that I do not ask for their sympathy and co-operation in vain.'

Mr. Samuel Morley is, perhaps, the most active public philanthropist of the day. He is almost ubiquitous. His name appears in connection with more public movements than any one else. In the majority of cases, of course, he is unable to take any active part in promoting the efforts he supports by his influence. The Hospital Saturday Fund, however, commands his personal co-operation. Speaking at a meeting in connection with this fund on Saturday last, Mr. Morley said :

‘He had been present on two occasions when the question of provident dispensaries had been discussed, and he was pleased to see the disposition of working men to be their own masters as to the medical advice they should procure. Viewing the question nationally, it was worth our while to foster that spirit. He did not mean to make a demand on working men, that they should bear part of the expense ; but he thought they should be encouraged to undertake that portion of the burden which they evidently wished to do. He further advised the Council to continue that attention they had already bestowed upon keeping down the expenses of the institution, and suggested that voluntary assistance should be utilised as much as possible.’

Referring to the Rowland Hill Memorial Fund, with which he is also connected, Mr. Morley remarked :

‘That the question had been discussed whether such agency as they possessed could not do a great service in promoting what he held to be a national movement. The idea was to raise a national memorial to his memory, and he hoped they were succeeding substantially in raising the necessary funds. But they wanted to enlist numbers, and he had therefore signed, at the request of the Council, letters to the various collectors, asking if they would be willing to co-operate in this effort, so as to facilitate the collection of the small amount still required. He should like to see a million pennies subscribed, so as to show how deep and widespread was the feeling of the country on this subject. He congratulated them on the result of the work, and with much pleasure moved the adoption of the report.’

Another new Coffee Tavern, to be called ‘The Soho,’ erected by the Coffee Tavern Company, was opened on Saturday afternoon last by Mr. T. Blackwell (Messrs. Crosse and Blackwell), at 27, Soho-square. Mr. Holland, in introducing the proceedings, stated the company had now 22 taverns in the metropolis, at which about 70,000 working men obtained refreshment every week. Mr. Blackwell said he was quite sure it would be a great benefit to the neighbourhood and to the large number of working men, women, and boys employed therein ; and having known the district for 40 years, he was sure this movement would conduce greatly to their happiness and comfort. The company attached themselves to no party, either political or social, but depended upon the working-classes for success, by offering good articles at very moderate prices. Mr. A. Sargeant, a director, proposed a vote of thanks to Mr. Blackwell, which was carried, and a brisk business immediately commenced at the bar.

WOOD FOR PAPER MAKING.—The preparation of wood for the manufacture of paper is gradually becoming one of the greatest industries in Norway. There are at present in that country no less than twenty-one factories for the purpose of grinding the wood into the necessary paste. Last year, from these factories there were exported 190,000 tons of this material, representing one and a quarter million pounds.

INDIAN WHEAT.

As regards wheat, India may shortly become one of the chief sources of supply for the United Kingdom. It must be borne in mind that India is one of the largest wheat-producing countries in the world. The production of the United Kingdom amounts to only about 10,000,000 to 13,000,000 quarters per annum. Austria-Hungary, Italy, and Spain each produce about the same quantity. Germany produces from 15,000,000 to 18,000,000 quarters, and the two countries which produce the largest amounts are France and Russia, each producing from 30,000,000 to 35,000,000 quarters per annum. Both are surpassed by the United States, which produced during each of the past two years upwards of 45,000,000 quarters. No complete statistics exist for India, but we know that the Punjab alone produces about as much as the United Kingdom, Oude about 3,500,000 quarters, the Central Provinces about 3,000,000, and Bombay not much less. The production in the North-West Provinces proper has never been estimated, but must be fully equal to that of the Punjab, and that of Behar is also known to be considerable. Thus the yearly production of the provinces under British rule will amount to from 30,000,000 to 35,000,000 quarters, or to the same quantity as that produced by Russia or France. But if the native States in the Punjab, Rajpootana, Malwa, Bundelkund, and Guzerat, be added, in all of which wheat is largely cultivated, it will be found that India must be considered as being, next to the United States, the largest wheat-producing country in the world.

Whilst as regards cotton and some other produce, the soil and climate of India are rather at a disadvantage with those of other competing countries, India is proved to be admirably adapted for the production of the finest qualities of both soft and hard wheat. This is a circumstance of great importance, because the supply of the fine varieties is much more restricted than that of the commoner kinds. In considering the competition in the market of the world, France, although producing as much as Russia, may be left out of account, as its production, large though it may be, barely suffices for its own consumption. Thus, practically, Russia and the United States are the chief competing countries to be considered. But in both countries the area for the production of fine full-grown wheat is comparatively restricted. Spring wheat forms a very large proportion of the Russian supply, as the greater part of the country is too cold for the growth of winter wheat ; in the United States, likewise, the climate of Minnesota, Iowa, and the other States on the Canadian border, in which the cultivation of wheat has been recently so rapidly extending, is only adapted for the growth of spring wheat. This wheat, which is mostly red, is not only inferior in quality to a good winter wheat, but it produces also a much lighter crop, not more than 12 to 15 bushels per acre. Thus, however much the cultivation may extend in these parts, it is not likely to affect the supply of the finest varieties, such as are grown in some of the older States or in California.

The true policy for India, therefore, appears to consist in taking advantage of her climatic position, and cultivating for export only the finest varieties, in which the competition of Russia and the Far West in America is not likely to be as severe as in the case of the common varieties. Such a policy receives additional recommendation from the fact that the price of the finer varieties is always better kept up, and suffers less in a falling market than that of the common wheat. The higher priced wheat will likewise support better the necessarily high charges of transport and freight.—Dr. J. Forbes Watson, in the *Journal of Applied Science*.

If we cannot lay the foundation, it is something to clear away the rubbish ; if we cannot set up truth, it is something to pull down error.—*Macaulay*.

The longer I live, the more do I become satisfied that nothing is so good for people who are in deep trouble as real hard work—work that not only occupies the hands, but the brain ; work on which one lavishes the best part of the heart.—*W. G. Eliot*.

THE HISTORY OF JOHNNY LYTTLETON.

BY THE LATE WILLIAM HOWITT.

There was a little village boy,
Oh, but he was right full of joy,
Had he a stick to whistle on,
A bag of marbles and a kite,
Surely there never was delight,
Like that of Johnny Lyttleton.

But time flew on, a boy no longer,
Up he grew taller, stouter, stronger,
And then you would admire;
For he had made a splendid marriage,
And he drove in a shining carriage,
John Lyttleton, Esquire.

No doubt you think this very grand,
But I must make you understand
A very different case;
Tho' shrewdest heads might not have found,
Had they surveyed this great man round,
Misfortune in his face.

And yet he was most sad, for riches
Have something in them that bewitches,
And fills with large pretences;
Whilst like a terrible disease,
They rob us of our mirth and ease,
Our faculties and senses.

And this was now his case, for he
Had lost his sight, he could not see
Some things however nigh;
The friends and playmates of his youth,
He could not see them, tho' in truth,
Some stood full six feet high.

And then his hearing went, oh, none
Had ears so quick as little John,
For neighbours in their need;
But now if sorrow cries, and roars,
What hope to pierce a dozen doors,
And ears most deaf indeed?

And soon he lost his common sense,
Puff'd up with most absurd pretence,
He hoped abroad to find,
Each better man in poorer case
Bow down unto the dust his face,
He was so out of mind.

His peace of mind expired in glooms,
He built a house of many rooms,
Of many and most grand;
But thro' them all he sought in vain,
He could not find his peace again,
In all his house and land.

Next memory waver'd and withdrew,
The more estate and body grew,
Still grew his memory thinner;
Until he could not tell,
Without a good resounding bell,
His common hour of dinner.

So on his house-top it was hung,
And loudly duly was it rung,
To summon him to dine;
As well as that the poor might be
Assured, as they were drinking tea,
That he was drinking wine!

Alas, what matter'd wine or food?
Oh, but he was in different mood,
By his own mother's door;
With porringer of milk and bread;
But now his appetite has fled,
And it returned no more!

No, not tho' dishes did abound,
While powder'd lackeys stood around
In jackets quaintly dress'd;
With scarlet collar, scarlet vest,
And buttons stamp'd with a great beast,
John's true armorial crest.

This beast he on his trinkets wore,
On harness, on his carriage door,
And on his sealed letters;
Upon his bed, upon his chair,
This beast was figur'd everywhere,
A beast in golden fetters.

Lost eye and ear, lost heart and health,
Good name, good conscience, save his wealth,
What loss could still befall?
Alas, to crown the dismal whole,
He died, 'tis fear'd he lost his soul,
The heaviest loss of all.

THE SAGACITY OF AN ELEPHANT.—The following from the *Key* may not be uninteresting: 'Some years ago there was an elephant in the Zoological Gardens at Antwerp whose intelligence and docility made it very popular with the visitors. One day an English gentleman was so pleased with the fascinating manners of this noble animal that he produced a quantity of sweet cakes and other confections, and, placing them in his straw hat, held them out for the entertainment of the elephant. The elephant picked them out one by one, swallowed them, and then, taking it for granted that straw was fodder, quietly crushed the hat into his enormous mouth, and crunched it up with evident relish. This was looked upon as a capital joke by the bystanders, one of whom, who had a straw hat on, was particularly facetious upon the occasion. Just as he had made a very successful sally, however, at the expense of the hatless man, he felt his own hat lifted off his head, and, on looking up, was just in time to catch the last glimpse of it as it disappeared down the elephant's throat. On several occasions subsequent to this, the elephant picked off and devoured hats made of the same material, and in one instance a lady's spring bonnet was thus recklessly appropriated by him—ribbons, pins, and all. At last it became necessary for the authorities to interfere, and notices were posted up on the premises, warning all persons thatched with straw from going within reach of the elephant's trunk.'—*TYRO, Hartlepool.*—*Newcastle Chronicle.*

THE HARVESTS OF THE WORLD.—The *Moniteur Belge* publishes the following estimate of the harvest in various countries:—Belgium: Below the average. Austro-Hungary: Moderate harvest; no export of grain this year. Russia: Pretty good harvest; exports of grain will be between 3,500,000 and 5,000,000 qrs. Germany: Satisfactory harvest in Prussia, and Wurtemberg up to the average, and in Saxony and Bavaria considerably beyond it. Italy: Bad harvest. Spain: Tolerably good. Switzerland: Average harvest. Turkey: Harvest generally good. Holland: Harvest only middling. France: The harvest will be fifteen per cent. below the average, and it will be necessary to import 5,000,000 qrs., this being considerably less than the official estimate of the deficiency. England: Bad harvest, and England will require about 24,000,000 qrs. of wheat more than she has grown. United States: Good harvest, estimated at 409,062,500 qrs., which, after deducting the 240,625,000 qrs. required for home consumption and seed, leaves 168,437,500 qrs. for exportation to Europe.

Truth, whether in or out of fashion, is the measure of knowledge, and the business of the understanding; whatsoever is besides that, however authorised by consent, or recommended by rarity, is nothing but ignorance, or something worse.—*Locke.*

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Calverley.*

—Elegies,

And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

'Tis the old secret of the gods that they come in low disguises. 'Tis the vulgar great who come disguised with gold and jewels. Real kings hide away their crowns in their wardrobes, and affect a plain and poor exterior. In the Norse legend of our ancestors, Odin dwells in a fisher's hut, and patches a boat. In the Hindu legends, Pari dwells a peasant among peasants. In the Greek legend Apollo lodges with the shepherds of Admetus; and Jove liked to rusticate among the poor Ethiopians. . . . In the Christian graces humility stands highest of all, in the form of the Madonna; and in life this is the secret of the wise. We owe to genius always the same debt, of lifting the curtain from the common, and showing us that divinities are sitting disguised in the seeming gang of gipsies and pedlars. In daily life what distinguishes the master is the using those materials he has, instead of looking about for what are more renowned, or what others have used well. 'A general,' said Bonaparte, 'always has troops enough, if he only knows how to employ those he has, and bivouacs with them.' Do not refuse the employment which the hour brings you, for one more ambitions. The highest heaven of wisdom is alike near from every point, and thou must find it, if at all, by methods native to thyself alone.—*Emerson.*

The whole world was not half so wide
To Alexander, when he cried
Because he had but one to subdue,
As was a paltry narrow tub to
Diogenes, who is not said
(For aught that ever I could read)
To whine, put finger i' th' eye, and sob
Because he had ne'er another tub.

Butler.

Custom is a violent and treacherous school-mistress. She, by little and little, slyly and unperceived, slips in the foot of her authority, but having by this gentle and humble beginning, with the benefit of time, fixed and established it, she then unmasks a furious and tyrannic countenance, against which we have no more the courage or the power so much as to lift up our eyes.—*Montaigne.*

Let states that aim at greatness take heed how their nobility and gentry do multiply too fast; for that maketh the common subject grow to be a peasant and base swain, driven out of heart, and in effect but a gentleman's labourer.—*Bacon.*

The grave, dear sufferer, had for thee no gloom,
And death no terrors when his summons came;
Unto the dust returns the mortal frame.
The vital spirit under no such doom,
Was never yet imprisoned in the tomb;
But, rising heavenward, an ethereal flame,
Shines on unquenched, in essence still the same,
As is the light that doth all worlds illumine.

Wm. Lloyd Garrison to his wife.

Though England is deafened with spinning-wheels, her people have no clothes; though she is black with digging coal, her people have no fuel, and they die of cold; and though she has sold her soul for gain, they die of hunger.—*Ruskin.*

No good man ever gave anything without being the more happy for it, unless to the undeserving, nor ever took anything away without being the less so.—*Landor.*

Friendship is a vase, which, when it is flawed by heat, or violence, or accident, may as well be broken at once; it can never be trusted after. The more graceful and ornamental it was, the more clearly do we discern the hopelessness of restoring it to its former state. Coarse stones, if they are fractured, may be cemented again; precious ones, never.—*Landor.*

THE HOUSEWIFE'S CORNER.

MINCE PIES.

Take six good-sized lemons, squeeze out the juice, and scrape out all the pulp and skins, then boil the rinds till they are quite tender, changing the water five or six times to take out the bitterness; chop them in a bowl with half a pound of apples and a pound of raisins stoned; add a pound of currants, a pound of sugar, the juice of the lemons, and three-quarters of a pound of butter melted and stirred up well amongst them; put it close down in a pot and tie a paper over it, and it will keep six or seven weeks in a cool, dry place. A little Cayenne, mace, and candied orange or lemon may be added, if approved.

RICE CAKE.

Put a quarter of a pound of rice, well-washed, into a saucepan, with half a pint of water; when it begins to swell, add about half a pint of new milk; let it remain on the fire till the rice is well mixed with the milk and water, and is become quite tender; take it off and stir in half a pound of butter; let it stand till cold, then add a pound and a quarter of flour, half a pound of sugar, four eggs well-beaten, and a little salt; mould the whole well together, make it up into a cake, or loaf, glaze it over with the yolk of egg, and bake it an hour in a tin well buttered.

RICE AND LENTIL SOUP.

First make a good vegetable broth with cabbages, turnips, onions, carrots, parsnips, sweet leeks, and celery, of each in proportion to its strength, adding half a pint of peas. While the soup is preparing, put half a pint of lentils into a small pan, and stew them in a little water or vegetable broth; when soft, pulp them through a sieve. Wash a quarter of a pound of rice very clean, and stew it with a piece of butter and some of the vegetable broth strained quite clear; when it is ready, add to it the lentil culis or pulp, and season it well. If too thick, put in some more of the broth. Add seasoning to the taste.

PORTRAITS.

THE following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

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A Weekly Journal for All Classes

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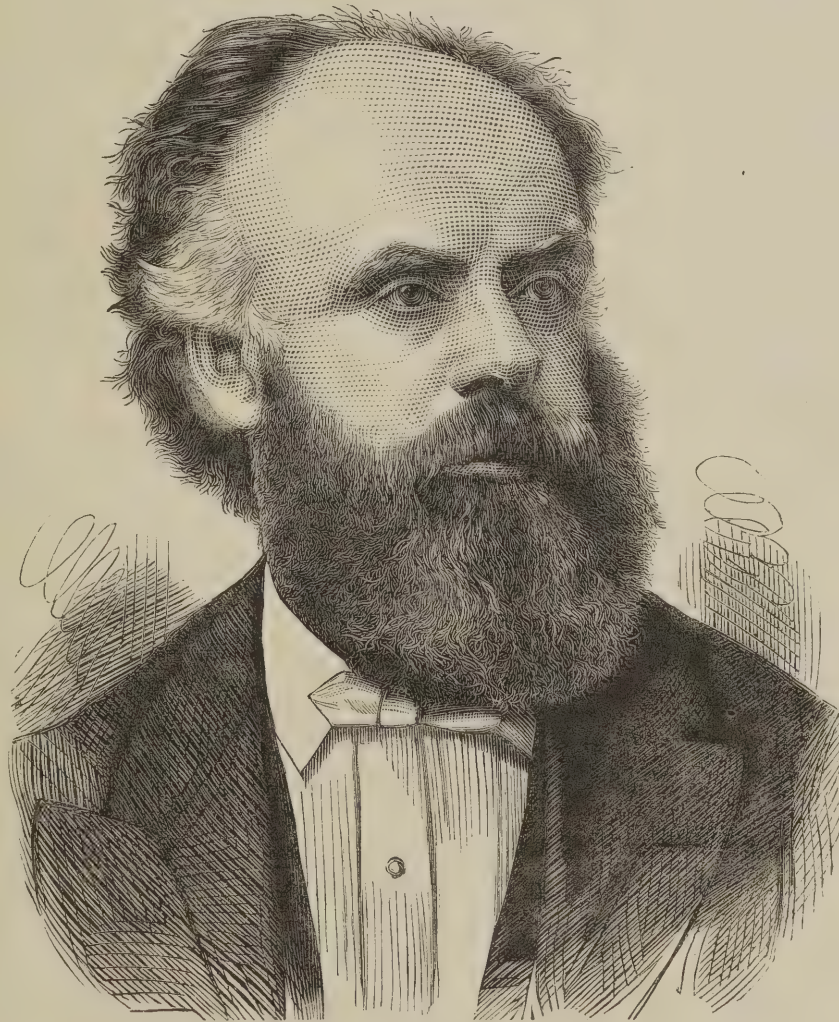
AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 48, Vol. II.]

SATURDAY, DECEMBER 20TH, 1879.

PRICE ONE PENNY.

REGISTERED FOR TRANSMISSION ABROAD.



DR. JAMES EDMUNDS.



The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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DR. JAMES EDMUNDS,

MEDICAL OFFICER OF HEALTH AND PUBLIC ANALYST FOR ST. JAMES'S.

DR. JAMES EDMUNDS, M.D., M.R.C.P., etc., born March 31st, 1832, is the eldest son of the late Rev. James Edmunds, who, after studying medicine and divinity, was for some forty years a Congregational minister. In 1849 Mr. James Edmunds was articled to Mr. D. T. Lewis, M.R.C.S., of Spitalfields, and in 1851 he entered as a student at the London Hospital Medical College, where he carried off a long list of prizes.

In 1853 an epidemic of Asiatic cholera visited Newcastle, and on the recommendation of the hospital staff, Mr. Edmunds was appointed Medical Visitor to the General Board of Health. At the close of three months' active and arduous work he returned to London, and, receiving his diplomas, he entered into partnership with Mr. Lewis, to whom he had been articled.

In 1858 his practice had become a very extensive one, and in that year he married Louisa, second daughter of Charles Humfrey, Esq., a gentleman of considerable attainments. The name of Dr. Edmunds is associated with several extraordinary surgical operations, among which were two cases of the Cæsarean section—one in 1861, the other in 1876—in both of which he achieved the rare result of saving the lives of the mothers and children. The *Lancet* described the latter as 'one of the two most brilliant triumphs of English surgery.' In 1867, as one of the physicians to the British Lying-in Hospital, he initiated a course of training for midwives, and stopped the free use of alcoholics which had previously prevailed. Under his *régime*, the amount spent in alcohol during the year 1868-9 was only *two shillings*, while the mortality of mothers and infants was lower than it had been for many years. By a combination of wealthy brewers and their friends Dr. Edmunds was driven to retire, and the old policy was reverted to. On the death of Dr. Lankester he was appointed Medical Officer of Health and Public Analyst of the district of St. James's, London, his election for the post evoking the warm ecomiums of the medical press.

Dr. Edmunds has devoted considerable attention to sociology, and much of his time has been freely given in aiding progressive movements. With Lord Shaftesbury and others,

he gave his influence to the movement for educating women so as to fit them for the medical treatment of their own sex. Upon questions affecting the sanitary and social condition of the people, he has ever taken a popular rather than a professional view, and this has sometimes exposed him to professional envy and misrepresentation.

For a number of years Dr. Edmunds has been publicly associated with the Temperance Movement, his attention having been originally directed to the question by Dr. Carpenter's essay, 'The Use and Abuse of Alcohol,' at the time he was a student under that eminent physiologist. The public accession of Dr. Edmunds to the ranks of the total abstainers was an event of great importance; as, previously, no man occupying so eminent a position had been actively identified with the cause. For a number of years he was almost incessantly at work, on the platform and through the press, in expounding and defending temperance scientifically—and no other professional man gratuitously rendered the movement such valuable services.

Dr. Edmunds is the author of several small treatises upon alcohol, while his lectures have been published by the Church of England Temperance Society, the United Kingdom Alliance, and by other associations. In recent years he has contributed largely to the *Medical Temperance Journal*.

In 1872 he took part in a preliminary meeting held for the purpose of establishing a Temperance Hospital. He was present at the opening of the hospital in October, 1873, since which time he has been Senior Physician to that now important and valuable institution.

As we have previously stated, Dr. Edmunds is deeply interested in the solution of social problems, he is singularly free from professional prejudices, and knowing the wants of the people, he is ever ready to lend assistance to all well-devised schemes for their attainment.



HYGIENE.

THE FIRST PRINCIPLES OF SANITARY WORK.*

BY DR. ALFRED CARPENTER, M.D., LOND., C.S.S., CAM.

THE subject of my discourse is sanitary science and preventive medicine; although 'as old as the hills,' it is, as a science, of modern growth. In no other branch of science have we so few landmarks, and so few charts upon which the rocks and quicksands are fairly laid down. In no other science are there so few recognised dicta which can be accepted as axioms or dogmas, or acknowledged as postulates upon which a more elaborate fabric may be erected. This paucity of material does not arise from its absence, but because the axioms have to be agreed to and complied with by the masses before their truth can be ascertained. The results of the applications are too often marred or rendered nugatory by the independent action of a free people; whilst, if the axioms be applied to a people who are not free, there is a similar result; for it is impossible to obtain a compliance with sanitary law in private among those who do not know the reason why such commands are issued, however much a despotic authority may be able to

* From an address delivered to the Sanitary Institute of Great Britain, at Croydon, October 22nd, 1879.

control and to direct public actions. Thus it happens that sanitary science must be the outcome of a clearer knowledge; and its perfection can only be brought about by a judicious instruction of the people in the fundamental principles upon which, as a science, it naturally depends.

The foundation of local self-government is based upon the knowledge of the majority of the electors; and it is certain that the elected will not (except in a few instances) proceed much in advance of the intelligence of those who elect them. I hail, therefore, the opening of a congress such as this as a step in the right direction, because its object is to interest and instruct the people in those first principles of sanitary work which will enable the electors to choose the good and refuse the evil, with more discrimination, from among those who wish to take part in the noble art of local self-government; and by that means enable them to check the consummation of some of those gigantic jobs which are sometimes carried out in the name of sanitary science, but which are only started for the purpose of benefiting some private individual.

The first principles of sanitary law are so often in antagonism to private interests, so often opposed to the pecuniary advantage of the few—who are also at times themselves the main-springs of local authority—that it is not surprising to find unsparing efforts constantly made by interested individuals to show that the first principles are wrong. These efforts may be made in good faith, one or other of the fallacies of induction which Lord Bacon describes as ‘*idols of the understanding*’ blinding the judgment, and causing the opponents of right principles to delude themselves into the belief that they are public benefactors, by reason of their antagonism to the proposed change. These and other kindred causes tend to keep the science of disease-prevention on the threshold of that domain which a more perfect knowledge will accord to it, and which is only to be obtained by a generous instruction of the people in those axioms which are already established as scientific facts, and which, as such, are bases for future work. This science is destined to alter the whole field of medical practice; to render obsolete much of our present knowledge as to the natural history of disease, and the measures which are now required for its treatment. The inquiry must come as to how the incidence of disease is to be prevented, rather than, having arisen, how it is to be cured. This will apply to every kind of complaint, and will not be limited to the zymotic class. Recent observations have shown that there is not much difference, except in degree, between tuberculosis and pyæmia: and that all the classes of so-called strumous or scrofulous maladies, including consumption, are as capable of prevention as is ordinary blood-poisoning. The inquiry must be made, therefore, why phthisis appears so often in our death-lists, as well as scarlatina or typhoid fever. Nearly all the diseases which are fatal to young people are amenable to prophylactic measures, and capable of diminution in their fatal effects. If these deaths can be diminished—and of this there can be no reasonable doubt—it is probable that they may be altogether prevented by a right application of knowledge; and then pneumonia, bronchitis, mesenteric disease, and other causes of death among young people, will cease to be common among us, as well as those deaths which are produced by enthetic disease. Many of those evils which affect bony tissues, and which now

give occupation to the surgeon, will then become diseases of the past. Those ailments which disfigure the human form will then be found more often in fiction than in fact among civilised people. It is a glorious field, and opens out to our view magnificent prospects. The death of the child will be the exception, and not the common end of more than half the human beings which are brought into the world. It is a serious thought that the majority of the population of the kingdom are deprived of their natural birthright, viz., ‘*health and life*,’ by the ignorance of sanitary law which now prevails. When a more perfect knowledge obtains, we shall not be able, as now, to say with Pope:

‘As man, perhaps, the moment of his breath,
Receives the lurking principle of death;
The young disease, that must subdue at length,
Grows with his growth and strengthens with his strength.’

Disease in the young now strengthens with his strength, because we live in unnatural states, because we breathe impure air, drink foul water, use corrupt food, and disobey the laws of nature:

‘Where order in variety we see,
And where, though all things differ, all agree.’

There is no occasion for the idea expressed by Pope that hereditary disease must run its fatal course. There is a power in the human frame to throw it off. That power is stronger in youth than the tendency to decay. It is seen in all families. Healthy children are born to unhealthy parents. There is a constant struggle in the human economy to recover its position, and remove from its tissues those matters which are unnecessary, and which are foreign to its requirements. The elements of disease are not parts of necessary tissue. If the efforts for their expulsion be made through channels which are capable of acting as exits for excreta, they will be successful, and the intruder will be expelled; but if they be made by organs whose daily perfection is necessary for the continuance of life or the performance of some endowment of the body, disease arises which may or may not end in health. If, then, we add to the troubles of the system more work for the diseased organ to do, health cannot be the outcome of the action. If we, by our social and moral customs, increase the quantity of morbid matter in the blood, we lessen the chance of health to the individual.

I have come to the conclusion that there is no truth in the theory which I once heard propounded by an eminent sanitary authority: ‘That sanitary science was responsible for the propagation of a weakened race of beings, and was therefore tending to people the earth with a debilitated race of men.’ This is not the effect of sanitary science, but a consequence of a neglect of it. There is no occasion whatever for tissue or matter which is not required for the perfection of the human economy to be propagated for generation after generation, ‘growing with its growth, and strengthening with its strength,’ if the laws of nature be obeyed. The sequences of a disobedience to these laws are seen for three or four generations; but if the errors of the fathers be not followed by the children, there is sufficient power in the human frame to throw off the burthen, and to reclaim its birthright of good health. The gouty great-grandfather has the dyspeptic and rheumatic grandfather, the hysterical and neuralgic father, whose children throw out the

mischievous by some skin eruption or other evacuation; and the evil which the great-grandfather induced by his indulgence in the pleasures of the table, the bottle of port, and general laziness, is lost sight of. Let his progeny do right, and obey God's laws, and at the end of three or four generations there will be a removal of the gouty diathesis or the tubercular constitution. An observation of several generations in numerous families is convincing me that this is a right deduction. It must be so, otherwise there could not be a single healthy person among our English people. If we follow backwards the connections of each one of us, in five generations there have been sixty-two stocks, and, in six generations, a hundred and twenty-four individuals, from each of which every person has had the chance of inheriting disease, if inheritance were a progressive law. The chance of escape would be infinitesimal, and no healthy person could be found amongst us at all. True, it is a common thing for diseased children to be born of diseased parents, and for these children to die of that inherited disease in their infancy. It is uncommon, even if it ever occur, except from accident, for the offspring of healthy people to be diseased at their birth; whilst delicate fathers and mothers very often produce sturdy children, who grow up without a particle of disease about them.

(To be continued.)

THE BARK-CURE OF INTEMPERANCE.

To the Editor of 'HOUSE AND HOME.'

SIR,

Abstainers from alcoholic drinks had their minds much exercised some time ago by the announcement in some American papers of a medical means of removing the appetite for such drinks.

Some months ago, a gentleman connected with a large city business came to me with a newspaper describing the views of the American physician who had made the discovery that the CINCHONA RUBRA—red Peruvian bark—had the quality of so affecting the nerves of the mouth and stomach as to cause physiologically a repugnance to alcohol. My patient, who had, he said, a craving for alcoholic stimulants, to his own regret and loss, had possessed himself of a two-ounce bottle of the above-named tincture from some specially recommended pharmacy, and had taken some doses of it as recommended, but only with the effect of disturbing his head and nervous system generally in an exciting and uncomfortable manner. He therefore came to me for the purpose of being directed as to a better mode of taking it. My recommendation was to begin with such a small dose as would not produce any sensible excitement, continue that dose several times a day for a few days, and continue the drug in gradually augmenting doses—after the manner of the homœopaths in proving a drug—until sensible effects, such effects as he might be able to charge upon full doses of the drug, should be produced, and then stop. In this graduated way my patient finished his two ounces of TINCTURA CINCHONÆ RUBRÆ, with the effect of finding his taste gone for wine, and his desire for beer changed to aversion. Whether this alteration of taste and appetency will be durable we have to wait and see.

From the patient's account to me a few days ago, it has lasted from the end of August to the present.

From this experiment it will be seen that it may be useful to try this tincture in cases of *dipsomania*, observing the method of gradually increasing the dose from small to large.

Yours obediently,

J. DIXON, L.R.C.P., *Edin.*

8, Great Ormond Street, W.C.

December 6th, 1879.



DIETETICS.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG.,
ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime,' 'Infanticide,' 'Baby Farming,' etc., etc.

(Continued from page 282.)

THRUSH—FROG (APHTHÆ).

THRUSH or frog is the popular name for one of the earliest and most common ailments affecting the mouth of the infant, and is especially prevalent among bottle-fed children.

The disease consists of a parasitic plant or fungus, made up of filaments and spores, which implant themselves on the delicate mucous membrane lining the mouth, and grow and spread over the tongue, palate, and tonsils.

This fungoid condition or mouldiness of the mucous membrane of the mouth is usually derived from some mouldy article of diet—generally from particles of stale milk which have adhered to the teat of the imperfectly cleaned feeding-bottle, and developed this fungus. The thrush fungus and the mould derived from stale milk present almost identical characters when microscopically examined. The disease is contagious, and when once established spreads by contact from the mouth of the child to the nipple of the mother or nurse; it may also be communicated from the nipple to the mouth of the child, just as from the teat of the uncleaned feeding-bottle; also by kissing, or, in fact, by bringing the mucous membrane of the mouth in contact with any article which is contaminated with this fungus or mould. The epithelium, or delicate outer layer of the mucous membrane in the mouth of an infant specially favours the development of this parasitic fungus.

On examining the mouth of an infant affected with thrush, it is found to be hot and red, with white opaque round spots or dots elevated and scattered over the mucous membranes of the lips, cheeks, gums, palate, tonsils, and sides of the tongue. Sometimes the eruption is found to extend down the gullet, and affects more or less the whole of the intestinal tract; the nates are found to be red, inflamed, and excoriated. This condition is popularly known as 'the thrush working through.'

* A Sequel to 'How to Feed an Infant.'

When the disease extends thus far very considerable irritation is set up, and often produces diarrhoea and vomiting.

In severe cases the eruption, instead of dying away, takes on an unhealthy form of inflammation and the sores slough. The mouth becomes exceedingly tender and sensitive, and the child experiences great difficulty in swallowing, and finally it refuses food altogether. It rapidly becomes flabby, pale, and cold, and at last dies from starvation.

In some cases the disease spreads from the mucous membranes of the mouth and attacks the air-passages. The extension of the disease down the gullet is a serious indication of danger, but when it attacks the windpipe and air-passages there is immediate danger of death. It is remarkable when the disease attacks the air-tubes what a small amount of ulceration is sufficient to destroy life. Whenever the voice of a child suffering from thrush becomes hoarse and indistinct, the breathing gasping and stridulous, with fits of suffocating cough, and the expectoration mixed with grey threads and spores of the parasitic fungus, a fatal termination may be considered as not far distant.

There is another affection of the mouth that looks like thrush, consisting of small white ulcers, which depend on a deranged condition of the stomach and bowels due to improper feeding; and as thrush is usually associated with irritation of the intestinal tract, the distinction is not always recognised.

In thrush the disease is at first merely a local affection dependent upon the presence of a fungus implanted on the mucous membrane of the mouth, which can be destroyed in twelve to twenty-four hours by the application of a mouth-wash composed of the following:

Hyposulphite of soda, sixty grains.
Pure water, two table-spoonfuls.

The mouth to be frequently mopped out with the lotion. The secretions of the mouth in this disease are acid, and the soda unites with the acid and allows sulphurous acid fumes to escape, which destroys the fungus, and thus a cure is effected.

When, however, the disease is not cured at the commencement, then secondary conditions have to be dealt with. The mouth becomes sore and full of little ulcers, which must be healed by the application of borax (biborate of soda) and honey or glycerine in the proportion of ten grains to the ounce, or the spots must be touched with a solution of nitrate of silver, twenty grains to the ounce of distilled water. The gastric irritation and diarrhoea must be dealt with on the same principles as previously indicated for the treatment of this complaint. Should the thrush extend to the intestinal tract, and the nates become sore or excoriated, then the local application of borax and honey or glycerine will be of service.

In some cases there is constipation, and the whole of the intestinal secretions are vitiated. The first thing to be done is to give a small teaspoonful of castor oil, or less, according to the size and age of the infant; or a few grains of soda and rhubarb, about two grains of each for an infant at the breast, and repeated until the bowels are acted upon and the secretions are improved.

Thrush, dependent on the presence of a parasitic fungus, can always be prevented by strict attention to cleanliness; and, when established, can be cured in a few hours by the

prompt adoption of antiseptic measures. When neglected, thrush acts as an irritant to the mucous membranes, and then recourse must be had to constitutional treatment. After the bowels have been restored to a healthy condition, the child remains pale, flabby, and exhausted, with a continued disinclination to take food. This constitutional condition may be greatly improved by small doses of quinine, in half grain or grain doses, three or four times a day. Quinine has been found to exercise a most beneficial and antiseptic action on fungoid growths, as well as improving the appetite and general tone of the child.

It will be necessary to apply either the hyposulphite lotion or the borax and glycerine to the nipples of the mother or nurse, or the child will be reinfected; and in the case of bottle-nursed children the greatest care must be exercised in keeping the bottle, etc., perfectly clean.

EXCORIATIONS OR SORES.

In a previous chapter the delicate and beautiful structure of the skin was briefly alluded to, and its important function as an excretory organ was stated. It will be only necessary here to say that the skin consists of two layers, the outer or calf skin (epidermis) and the layer beneath that, called the true skin (derma). Excoriations are abrasions of the skin, in which the outer layer (the epidermis) is removed and the true skin laid bare, which presents a red inflamed appearance. It is exceedingly sensitive, and smarts when anything acrid or irritating comes in contact with it. As excoriations are chiefly found about the nates, and the child frequently passes water, this condition causes a great deal of suffering, and consequently the greatest care ought to be exercised to keep it dry, clean, and warm. Excoriations are frequently caused by allowing the child to continue in wet napkins, or to wear napkins that have been washed with washing-soda. The soda is not completely washed out again, and when brought in contact with the very delicate skin of the child, it softens the outer skin, which readily peels off, leaving the nates red, inflamed, and painful.

Another cause of excoriations, which is most frequently seen in bottle-fed children, is due to improper feeding. The food given is too rich in nitrogenous products, and the excretions become acrid and irritable, and produce excoriations. Thus, when condensed milk is given too strong, the urine becomes very acid, scalding, and irritable, the child becomes fretful, is continually whining, loses flesh, the nates become excoriated, and it suffers from diarrhoea; under these debilitating conditions the simple excoriations become ulcers, which take on an unhealthy sloughing character, and become exceedingly difficult to heal, from the debilitated condition of the child and the constant irritation caused by wet napkins. Thus a simple excoriation about the nates, if neglected, may not only entail great suffering, but even jeopardise the life of the child. All the trouble thus brought on the child, the mother, and the nurse might have been prevented by ascertaining the cause of the first appearance of undue redness of the skin. Whenever the child's skin presents a red and irritable appearance, inquiry should be at once directed to the following details:

Is the child properly dried after its bath?

Has it remained long in wet napkins?

Has the linen been washed with soda, washing-powder, or soap, and not thoroughly rinsed afterwards?

And in case of bottle-fed children, is the food given too rich?

Any one of these little defects in management may produce excoriations, and are all within the power of every mother and nurse to obviate.

With respect to treatment, the first essential is absolute cleanliness. The child should be bathed twice daily, and after each change of napkins, warm water should be allowed to run over the parts by squeezing a large sponge. The irritation may be allayed by cold cream, or a little ordinary cream, or glycerine, or Bismuth powder, or starch, or Fuller's earth—and a return to a diluted, unirritating diet. The secondary consequences of neglected excoriations are sufficiently serious to be left for the medical attendant to deal with.

(Commenced in No. 33.—To be continued.)

THRIFT PAPERS.

By T. BOWDEN GREEN,

SECRETARY OF THE NATIONAL THRIFT SOCIETY.

No. 4.—*Palace Thrift.*

PALACE *thriftlessness* would probably have been a more appropriate title for these remarks, for of the two qualities, thrift and its opposite, it is this one that more generally prevails amongst the higher classes of this Country. Extravagance and prodigality have of late years been far too prevalent, but we trust and believe that one result of the recent wide-spread distress amongst the working classes will be a considerable diminution of reckless expenditure amongst the aristocracy. Large landowners in all parts of the Country have of late suffered heavy losses, and many having seen the advisability, nay, the necessity, of curtailing their expenses, may learn therefrom the wisdom of remaining more within bounds for the future. An idea often prevails that all expenditure is 'good for trade,' but the idea is an erroneous one. This expenditure, for instance, might include £100 a piece spent by the 'upper ten thousand' abroad, and this means a million of money gone out of the Country without any one therein receiving any benefit by it! It may include another million pounds spent 'on the turf,' a third in the gambling-saloon, and so on; but what do the working-classes benefit thereby? When money is employed in manufactures, agriculture, and commerce, then it is that the working community receives the benefit of it; and therefore it is very apparent that the less there is thrown away on extravagancies and superfluities, the more there is for profitable employment. Improvidence has been termed 'our national vice,' and though the upper classes are not as a rule personally and inconveniently affected by rash expenditure on their part, yet the fault is greater with them, on account of their more advanced education, than it is with the humbler classes of Society.

For the sake of mere ostentation and display, vast sums are constantly being expended on comparatively trifling objects, whilst many matters of importance are put entirely on one side, not as *undeserving* support, but rather on account of the supposed inability to render them support. Thus, the lady who a short time ago spent £4,000 in giving a single evening's entertain-

ment (paying £120 to an actor or actress for a few dramatic recitals), would probably not give away in charity in the course of a year as many pence. Again, we hear of a billiard-room costing nearly £40,000, and the failure of the owner shortly afterwards; of a certain Baron building a house at the cost of upwards of a quarter of a million, and presently becoming a bankrupt! Such instances as these are far too common, and we can hardly be surprised if excessive reckless expenditure of this kind amongst the higher classes finds its far-off imitators amongst those beneath. Thrift is a virtue, and a virtue not for one class only, but for all, and its practice in the palace would do much towards its imitation amongst the middle classes, and its inculcation and practice in the cottage.

Whilst there is so much to be done on all sides, it surely behoves us all to do what we can and all we can, to prevent loss and waste and reckless extravagance, and to direct expenditure into proper channels, remembering that we have the very highest authority for the practice of Thrift in the words of Him who inculcated its principles when He said to his disciples and to those around: 'Gather up the FRAGMENTS that remain, that NOTHING BE LOST!'

THE NATIONAL TEMPERANCE LEAGUE PUBLICATION DEPOT.

THE business carried on for so many years by the late Mr. Wm. Tweedie, and by Messrs. Tweedie and Co., Limited, his successors, has passed into the hands of the National Temperance League. There is no more effective means of promoting temperance than by the circulation of literature. If the business is not a profitable one, by sustaining it, the League will be doing a work coming within its legitimate sphere. But an increased demand for publications of the kind ought to make the business a paying one. Book buyers should bear in mind that in purchasing at the dépôt they are aiding the League in its beneficent work.

IMPROVED OFFICES FOR 'HOUSE AND HOME.'

THIS number of *House and Home* is published in new and more commodious offices, although still in the same building. Our friends ought now to experience no difficulty in procuring the paper; but where they do, we shall be glad to be made acquainted with the circumstances.

CHRISTMAS NUMBER.

OUR next number will be published, for the convenience of the trade, on Tuesday, and it will consist of a Tale entitled:

CORBET'S CHRISTMAS;

OR,
FOR HOUSE AND HOME.

Magnanimity is the most god-like attribute of man. It has many modes of expression; but whether it show itself in the dangers of the battle-field or the petty pricks and stings of daily life, it is ever the same. He who, with power to crush, refrains from overwhelming a public foe or a private slanderer, is truly magnanimous—in the one case his greatness of soul protects the open foe from the full measure of his wrath, in the other, it prevents him, to speak metaphorically, using a battle-axe to behead a worm.—*H. Crathern.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning. It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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* * Only approved advertisements will be inserted.

A SPECIAL FEATURE in advertising, for private persons only, is occasionally presented in the SALE and EXCHANGE DEPARTMENT, particulars of which will be found at the head of the SALE and EXCHANGE columns.

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALF PENNY stamps are preferred.



LONDON: DECEMBER 20th, 1879.

THE HOUSES OF THE POOR.

THE 'cottage-homes of England' have formed themes for poets and texts for moralists. Much has been sung and said respecting them. The cottage, hidden in woodbine, nestling in an English landscape, is a picturesque spectacle. And there are thousands of such scattered up and down the country, and when thrift and temperance are found in them, these houses, humble as they are when compared with the residences of the well-to-do or the mansions of the wealthy, are homes in the best sense of the term.

But with the millions this is an exception. Even in rural districts much of the cottage property is devoid of all sanitary arrangements, and the homes of the people are unhealthy and unsavoury to an alarming degree. In agricultural districts the evil is largely intensified by the course taken by landowners in resolutely refusing to provide further house accommodation for the labouring classes. Where this is the case, and it is so to a considerable extent, the few existing cottages are of necessity over-crowded, and agricultural labourers are compelled to live in villages, and have to walk two, four, and even six miles, to and from their work. Landlords guilty of such conduct are without excuse. They do not regard the condition of the labourer; but they are actuated by a desire to reduce, rather than to increase, the resident population in their parishes, and so diminish the cost of supporting the pauper poor. In other words, their land must be tilled by labourers, who, if they ever

become a charge on the rates through accident, disease, or poverty, have to be supported by the residents in small towns or villages where they have not worked, but have been driven to sleep, because the scene of their labour afforded them no shelter.

Under these circumstances, it is no wonder that discontent prevails, and it is to be hoped that the existing agricultural depression will lead land proprietors generally to take a deeper and more genuine interest in their co-partners, the agricultural labourers; and this interest cannot be manifested in any more useful or substantial form than in providing increased and improved house accommodation throughout the agricultural districts. Let landlords, regardless of local prejudice, build sufficient cottage accommodation upon, or near to, their farms. This would be a boon to the labourer, saving him miles of wearisome walking, and a great advantage to the farmer, who would have his men close at hand in case of any emergency.

In exceptional cases these matters have been attended to by the owners of estates; but we are anxious for a more general movement in the direction indicated. The house accommodation of the agricultural labourer is a topic worthy the consideration of the Royal Commission on Agriculture appointed last Session, and it ought not to be overlooked.

But if the accommodation is bad in country districts, it is in many respects worse in large towns and cities, where the value of house property is quite out of proportion to the earnings of the labouring classes. By a system of sub-letting this disproportion is intensified, and it often happens that the working man pays for a single room from one to two hundred per cent. more than his more fortunate fellow citizen does for equal accommodation of a much superior kind. Owners of house property, rather than have the trouble of looking after their tenants, let several houses to one man, who exercises his ingenuity in making as many separate rooms as possible, and gets as much rent as he can from the numerous families and individuals crowded or herded into the property. When this is the case, it is clear that the owners of the houses can have no interest in their resident tenants, nor the tenants any interest in preserving the property. The middle-man has an interest, but it merely consists in getting as much rent as he can out of the miserable occupants, and doing as little as he can in the way of providing them with sanitary requirements or even the means of decency.

How can this unsatisfactory state of things be remedied? The remedy is in the hands of the owners of property, and the evils referred to exist in consequence of the thoughtlessness, or, what is worse, of the criminal neglect of their duties. Property brings its possessor advantages, but it also carries with it responsibilities. The burden of the poor would be sensibly reduced if owners of house property would take a personal interest in their tenants. They would find relief in the employment, and the experience gained would be mutually advantageous, blessing alike the owner and the occupier. Miss Octavia Hill has shown the practicability of this plan, and how helpful it may be made to the humbler classes in inducing thrift and in encouraging cleanliness and temperance. We cannot conceive of any proceeding more likely to bridge the ever widening chasm dividing classes; and while at first the work might be found irksome, in the end it would be found equally advantageous to the rich and to the poor.

CURRENT OPINIONS AND EVENTS.

LAST week a deputation, headed by Alderman Sir J. C. Lawrence, M.P., and Mr. Alderman McArthur, M.P., waited upon the Lord Mayor with a memorial, numerous signed, asking his influence to obtain for the people of the south of London the site of Horsemonger-lane gaol as an open space or recreation ground. There is great need for increased open space in the south of London, and we hope the memorialists will succeed, not only in securing the co-operation of the Lord Mayor, but in obtaining the site in question for a public recreation ground.

Mr. Rowland, who has been endeavouring to make the Chelsea Vestry remove a fence placed round a small piece of land off the embankment, which had been used by the public for a good number of years, failed in his effort at the Westminster Police Court on Saturday last. An appeal has been issued for £6 6s. expenses, which Mr. Rowland was ordered to pay, and for a further sum to enable an appeal to the Court of Chancery.

On Saturday last the question of vaccination was discussed at a meeting of the Metropolitan Asylums Board, Dr. Brewer being in the chair.

Dr. GRIFFITH said he did not know whether the present would be an opportune time to bring forward a motion on the subject of using vaccine direct from the animal with the view of applying to the Government to legislate upon the subject. This plan had been found to answer well in Belgium, and if adopted in this country would no doubt remove many of the objections entertained by some people against vaccination from the human subject on account of the possible transmission of other diseases.

After some discussion,

The CHAIRMAN said he thought it would be undesirable, at the present juncture, for the Board to embark in this matter. Nevertheless, there was no doubt the subject was of the highest importance.

Mr. GALSORTHY said he thought the proposal, if carried out, might get rid of the objections of anti-vaccinators; but there was another question—there might be all sorts of diseases in the calves from which the vaccine was taken. He thought the Board should not take action until they had evidence that the course proposed was desirable on all grounds.

We quite concur with Mr. Galsworthy's opinion that the proposed change would not satisfy the anti-vaccinator. But, seeing that the calf is not subject to certain diseases against which the anti-vaccinators have a right to demand protection, animal-vaccination may be the least of two evils—and we suppose the warmest vaccinator will admit vaccination to be an evil.

The St. John's Ambulance Association is doing a useful work among the police by instructing them in surgery. It will be a great advantage to the public when the police are able to render immediate assistance in cases of accident. Many lives will be saved, which would be lost before the arrival of a doctor.

A coffee palace was opened at Lombard Market, York Road, Battersea, on Saturday last. It is the twenty-second tavern opened by the Coffee Tavern Company. The opening proceedings took place in the shop, to which the public were admitted. Mr. Wm. Evill (the chairman of the local committee) in declaring the building open, said:

'As a considerable employer of labour in the immediate neighbourhood, he was warmly interested in all that concerned the working classes. The movement was not a teetotal movement, and he recalled the fact that there was a publican on the local committee. He had nothing to say against public-houses, if well conducted, and if there were not too many of them. The licensing justices were awakening to a sense of their responsibility, and the Wandsworth Bench, he felt, would do their best to discountenance the unnecessary multiplication of public-houses.'



CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

THE INFLUENCE OF SONGS ON THE HOME.

To the Editor of 'HOUSE AND HOME.'

SIR—

A great man once said, 'Let me write the ballads of a nation and I care not who make her laws.' Bearing this aphorism in mind, the social reformer may often feel sad at heart when he considers the wretched nonsense, or, even worse, the vulgar, double-meaning words of most of the so-called popular comic songs which are sung at the music-halls of the present day—when he considers how these places are patronised night after night by artizans, shopmen, and clerks—the married men often taking their wives and elder children, the young men their sweethearts, how each and all are influenced by what they hear—their minds dissipated, their passions inflamed, and their better feelings smothered.

Follow these men and women into daily life—the life of the shop and the home—and hear them constantly humming over the refrains of some of these songs which they have heard. Are not their lives overshadowed by such rhymes? Do they not bear fruit in the constant desire for some means of wild excitement?

The usual routine of life becomes too tame: they require noise, drink, revelry. Their minds are unhinged for useful steady work, or mental enjoyment derived from the perusal of instructive books. Their conversation even is tainted with the vile innuendoes which they hear at those places of amusement.

The children growing up in such homes, alas! begin life beneath a cloud. Morality, sobriety, religion, are sneered at and held to ridicule; if not directly by their parents' *own words and acts*, at any rate, indirectly by the singing or repeating of those songs around the family hearth.

The little seeds once planted in those youthful minds will bear fruit. Who can tell to what extent? Hitherto sufficient attention has not been called to the incalculable amount of evil resulting from these wretched productions.

Let philanthropists, temperance reformers, and all those who have regard for the sacred precincts of *home* protest against it being demoralised by low sensational songs, however popular they may be.

THOMAS H. LEWIS.

A POETICAL CLERK.—The elder Wesley had a clerk, who, like his master, shared the same politics, and was a poet also of a very original kind. One Sunday, immediately after the sermon, he said, with an audible voice, 'Let us sing to the praise and glory of God a hymn of my own composing.' It was short and sweet, and ran thus:

'King William is come home, come home,
King William home is come;
Therefore let us together sing
The hymn that's called Te D'um.'

CHRISTMAS HOLIDAY.

BY R. SHIPMAN.

How shall Christmas holiday be spent? is a thought which has probably crossed the mind of most of us. To some, Christmas holiday is a source of evil. The pleasures that some indulge in, if pleasures they can be called, may for the moment be sweet, but they leave a bitterness behind which is bad, and still worse, they often leave on the morals of young persons a stain which may never be effaced, and which may perhaps cause the grey hairs of their parents or friends to be brought down in sorrow to the grave. Do not suppose that the festival of Christmas is to be kept with rigid austerity. Far from that. Christmas is a season more especially for kindling the fire of hospitality in the home; it is a time for kindling the general flame of charity and goodwill to all. But it is, nevertheless, a time for us to act rationally and temperately; rationally, so that there may be no folly to repent of afterwards; temperately, so that there may be no after-sickness to mar our pleasure, or that we may be compelled to go with insufficient food to make up for our extravagance at this time. The blazing fire, the merry music, the mistletoe, the merry jokes, the pleasant games, are all very delightful. The cautionary remark I wish to make is: Do not be tempted to gluttony. Do not give way to those deathly sins, over-eating and drinking. If you wish to drink the health of your friends, drink it with that which is productive of health, long life, and happiness, and not with that which is productive of so much disease, premature death and misery; that which disturbs the home of the mind and the home of the body. By no means let this dangerous enemy enter your stomach. And now, with regard to eating. There is no doubt many die prematurely from their intemperance in eating, therefore a warning voice is necessary. The goose, the turkey, the beef, the pork, and the various sauces and condiments, are fashionable English dishes, especially at this season of the year. None of them are suitable food for man (while he can obtain sufficient vegetable substances); they tempt him to eat gluttonously, and so they generally disagree with his stomach. Nature makes no allowance, even at Christmas time, if her laws be infringed; for times and seasons she is unacquainted with. It may be pleasant, while you are thrusting these greasy and indigestible foods into your stomach; but the after-effect is not quite so pleasant, for up comes the bile, in comes the doctor, and down go the pills, before you can feel yourself again. Still, you do not ascribe your sickness to gluttony. Still, gluttony it is, call it by whatever other name you please; your sickness and disease are often produced by your own folly. Health and long life may be possessed by those, and only those, who seek the means in the proper channel.

Suppress, then, your eating; eat what you think necessary for your health, then you will not be likely to feel any ill effects after. The temptations to gluttony are influenced more by custom than anything else. Custom is said to be the plague of the wise man and the idol of the foolish, and so it is. We are ashamed to believe or profess an unfashionable opinion in anything, and a cowardly man dare not so much as indulge a thought contrary to the established or fashionable faith, nor act in opposition to custom, though it be according to the dictates of reason. But 'let us reason together,' and let us not even at Christmas-time waste our money in riotous living; for remember, there are many in want of the actual necessities of life; and let us com-

memorate the birthday of the Prince of Peace by eating that which requires no knife, and which causes no blood to be shed, viz., fruits, nuts, farinaceous food, vegetables, etc., which is more consistent with our professions than feasting on the bodies of animals which we have slaughtered. Let peace on earth exist, and goodwill toward men.

NEW BOOKS AND PUBLICATIONS.

PLUMBING: A TEXT BOOK TO THE PRACTICAL ART OR CRAFT OF THE PLUMBER. With Supplimentary Chapters upon House Drainage embodying the latest Improvements. By William Paton Buchan. Second Edition. London: Crosby, Lockwood and Co.

Of all craftsmen, the plumber is the most important in connection with sanitary work; and, as a rule, the work of the plumber, in modern houses, is generally the most defective. The most perfect theory of drainage, water supply, or ventilation, is made worse than useless by employing bad materials or defective workmanship. This little treatise, useful as it is to plumbers, should be in the hands of builders and owners of house property. To occupiers, too, it would be invaluable in enabling them to check work done. We may add that the book is the 191st of 'Wheales' Rudimentary Series.'

ILLUSTRIOUS ABSTAINERS. By Frederick Sherlock. London: Hodder and Stoughton.

Mr. Sherlock's books are always interesting, and 'Illustrious Abstainers' is no exception to the rule. Twenty 'illustrious' abstainers are here presented to our view: but we are at a loss to account for Mr. Sherlock's principle of selection. We could enumerate several really 'illustrious' abstainers altogether omitted in this collection; and we think the author could have found them too. For instance, the present century has not produced any more 'illustrious' abstainer than Dr. Frederic Richard Lees. Certainly no other man has rendered such splendid services to the temperance movement. Dr. Lees has been in harness and at work for more than forty years, not for himself, like some of Mr. Sherlock's friends, but for principle, for truth, for the people. An eminent scientist like Dr. Richardson, coming somewhat late into the temperance field, does not withhold his tribute to the services of Dr. Lees, whose 'prescience' he has, on more than one occasion, most gracefully acknowledged. The names of other men, too, who have largely helped to make the modern temperance movement might be mentioned; and we hope a study of temperance literature will make Mr. Sherlock acquainted with them, before he issues another edition of his book. His introductory chapter, while it is valuable and suggestive, is marred, we think, by an evident straining to make a show of 'Illustrious Abstainers,' and the abstinence of some of the examples cited has been of a very intermittent kind. Surely, consistency should come before social position! While so many unselfish workers have been overlooked, we regret to find Mr. Gough occupying some twenty pages of the book. That gentleman has made lecturing a profession, and he has made more money by it than any other ten lecturers in the field have done. We do not object to this, but we think those who got up his meetings here should not have represented him as being the disinterested philanthropist they described. His fee in this country for a temperance lecture was £50. Twenty years ago he promised to devote himself 'gratuitously to the work' as soon as he had realised sufficient wealth to enable him to do so. He has been fully employed ever since, but there is no sign of the promised devotion; probably, if he lives long enough, he may yet do as an innumerable throng of temperance reformers have done during the last half-century—work for the movement without fee or reward. But then, most of these workers were only 'humble,' not 'illustrious' abstainers. Mr. Sherlock's book is handsomely got up.

HEALING BY LAYING-ON OF HANDS. By J. Mack. London: J. Burns, 15, Southampton Row.

Although it may be true that there is nothing new under the sun, everybody is continually meeting with something new to his own experience. And however new the theory and practice of the author of this work may be to us, he claims for it whatever merit may be attached to antiquity. So far as we can gather, the author contends that the life principle, or magnetism, as he calls it, may be conveyed from one person to another by the touch. This seems to be his theory, and it is supported by an historic induction, and by not a few cases of disease successfully treated by the author and by other adepts in the art of healing. As in each case the name

and address of the patient is given, the truthfulness of these statements can be verified. Scientists admit that disease can be communicated from one person to another; and, to an extent, that life can also be transmitted in some cases by transfusion of blood. It is contended by the author that human magnetism can be imparted to fabrics and liquids, and from these substances to patients at a distance from the operator. We know that disease is communicated by clothing, etc., but it is somewhat new to be told that the 'healing principle' can be so transmitted. However, a mass of evidence of cures effected is presented; and the question is one which must ultimately be settled by fact. If it is so, it is so despite our prejudices. The theory of this very heterodox treatise is certainly worthy of investigation, and merits the attention of those who are competent to deal with the subject.

THE ROBIN DINNERS. By Rev. C. Bullock. London: 'Hand and Heart' Office, 1, Paternoster Square.

This nice little volume, descriptive of the Christmas dinners got up by Mr. Bullock for the very poorest children, should be read by the young everywhere. It would interest them in extending the Robin Dinners among poor children throughout the country.

SCIENCE MADE EASY: A Series of Familiar Lectures on the Elements of Scientific Knowledge most required in Daily Life. Prepared in connection with the Twickenham Economic Museum, for delivery at Popular Institutions, for the use of schools, and FOR HOME STUDY. By Thomas Twining. (In six parts, at one shilling.) London: Chapman and Hall.

No expense has been spared in producing these lectures in a form likely to be useful. They are profusely illustrated by cuts and diagrams executed in the first style of art. It is impossible to speak too highly of this effort to bring scientific instruction within the reach of the masses.

THE BRAIN AND ITS CONNECTION WITH THE SOUL AND THE BODY: A Paper by Dr. Tafel. London: R. Spears, Bloomsbury Street.

This paper is descriptive of a work on the brain by Emmanuel Swedenborg, recently translated into English for the first time by Dr. Tafel, under the direction and at the expense of the Rev. H. Wrightson, by whose munificence the great work will also be published in the spring. The Swedish Seer, or 'Mystic,' as Emerson calls him, is chiefly known in this country by his theological works; and we have no doubt but that the publication of his work on the brain will evoke an interest in scientific circles, particularly as, the translator informs us, the forthcoming book will have 'notes appended to each volume, in which his (Swedenborg's) deductions will be confronted with the latest modern science on the same subject.' We shall look with great interest for the publication of these volumes.

EVANS'S TEMPERANCE ANNUAL: A Collection of Original Pieces in Prose and Verse on Various Aspects of the Temperance Question. London: W. Tweedie and Co.

Mr. Evans's welcome annual is as brimful as ever of the grave and gay, in prose and verse. We shall make extracts from it from time to time, and so, for the present, content ourselves with giving the following little gem:

LITTLE LOO.

LOOK! look! they're opening heaven's gate!
Who's that they're letting through?
Stay Death!—No use, it's shut: too late!
We've lost our Little Loo.

She came with so much beauty fraught,
And grew so sweet each day,
We never for one moment thought
She had not come to stay.

That life, although so small a space,
Was filled with baby arts,
That made for her a nestling-place
Within our heart of hearts!

Her face wore such a lovely hue,
As though some floweret rare
The open door had fluttered through,
And left its kisses there.

But now of all that form so fair—
Since death hath smote her brow—
A baby-tress of silken hair
Is all that's left us now.

For, oh! with her we've had to part;
She's now beyond our ken:—
So little Georgie—bless his heart!—
Is 'Baby' once again.

RECEIVED.

The London and Suburban Official Programme of Amusements. Useful to the frequenters of places of public amusement.—*Social Notes.* Maintains its reputation.—*The Church of England Temperance Chronicle.* Quite up to the mark as an official organ of the movement.—*The Temperance Record.* As a general temperance paper the *Record* is unrivalled.—*The Temperance Journal.* Our contemporary increases in interest, and can be safely circulated among outsiders. It is the only weekly representative of the Good Templars published in England.—*The Sentinel.* A useful little journal designed to promote morality.—*Teachers and Temperance: A Sermon* by Rev. J. Haslock Potter, Clerical Secretary of the Church of England Temperance Society. London: Victoria House, Catherine Street. Mr. Potter is master of the art of preaching on temperance, and this sermon is one of more than ordinary excellence. No better document could be circulated amongst those interested or engaged in education. Mr. Potter is Editor of the *Church of England Temperance Chronicle*.—*The Day of Rest Tablet Almanack.*—*The Church of England Temperance Almanack.* Both very good.—*The Christian Life.*—*The Tenacity of Habit: A Plea for Temperance.* By Rev. Richard Reade, B.A. London: Houlston and Sons. This little essay, dedicated to Dr. B. W. Richardson, is of more than ordinary merit.—*The Fortieth Annual Report of the Fitzroy Teetotal Association.* Interesting as a record of persistent work.—*Geology and its Connection with Sanitary Science.* By Henry Arthur Allbut. London: C. Watts, Fleet Street. An able attempt to turn geology to a practical use.

BUTTERMILK AS A BEVERAGE.—The *British Medical Journal* says that amongst the many evidences of extravagance in wasting our food resources there are few more striking than the waste of milk. Anyone who has lived in Lancashire or travelled in Ireland or Scotland, and has noted the life and characteristic food of the farmers, of the peasantry, and of the working classes, will know how pleasant and acceptable a drink is buttermilk. On the first day, a thin and semi-acidulous beverage, clean to the palate, refreshing, and full of nourishment; on the second day, thicker and richer, and more nearly resembling the familiar curds and whey which are among the luxuries of cockneys, but with the curd broken into fine particles, and therefore less cloying and more digestible. The waste of buttermilk in this country is humiliating and painful to think of. It needs no scientific authority to say how nourishing it is, how full of digestible albumen and animalised salts. Half-a-pint of buttermilk contains as much nutriment, and is as sustaining a beverage, as many gallons of beer. A few days since, one gentleman offered to supply a thousand gallons of buttermilk a day for use in London, fresh daily, at a rate which would allow its being sold retail at a halfpenny the large tumbler, and yield a profit of 100 per cent. to the retailer. It might be well worth the trouble of some one who deals with large numbers of men to endeavour to cultivate the taste for buttermilk among them, and to save these gallons of excellent food from being thrown to the pigs.

THE LIGHTING OF PARIS.—The lighting of the streets of Paris costs the city annually 4,240,000 francs. There are 38,400 gas-burners, of which 4,000 are extinguished at midnight, leaving 34,400 to burn until daylight. The longest period in which Paris is lighted is the three consecutive nights from the 23rd to the 26th December. On these occasions the lights are applied at 4.45 in the afternoon, and extinguished at 7.15 in the morning. The shortest period of lighting is from the 15th to the 26th of June, when the lamps are lighted at 9.5 in the evening, and extinguished at 2.30 in the morning. For contemplated improvements in the lighting of Paris, the town has already voted for the incoming year an increase of 405,100 francs. It is proposed to continue the lighting an hour extra every night, and in the public squares and street-crossings additional lighting apparatus is to be introduced. The streets of Paris were first lighted in the year 1766, the means employed being common tallow candles set up in lanterns. At that time the lighting was continued for only nine months of the year, and during the eight days of the moon all the lanterns were extinguished. In the year 1769 there were 5,772 such lanterns in the city, but the suburbs and all outlying streets were left in total darkness. Some years ago, Mons. de Sartines, Lieut.-General of the Parisian Police, offered a premium to anyone discovering a new means of lighting Paris, or of improving the system then in use. The most practical result of that proposition has been the adoption of reflecting lamps. At the present day, the public and private gas lighting of Paris consumes 185,262,061 cubic metres, which represents an annual sum of 5,00,000 francs. In private houses, oil lamps and candles continue the most favourite means of lighting.

GEMS OF THOUGHT.

I gather up the goodly herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

—Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

Great causes are never tried on their merits ; but the cause is reduced to particulars to suit the size of the partisans, and the contention is ever hottest on minor matters.—*R. W. Emerson.*

Real friendship is a slow grower, and never thrives unless engrafted upon a stock of known and reciprocal merit.—*Lord Chesterfield.*

The character of women is in extremes. They are always either better or worse than men.—*La Bruyère.*

It's no' in books, it's no' in lear,
To make us truly blest ;
If happiness has not her seat
And centre in the breast,
We may be wise, or rich, or great,
But never can be blest.

Burns.

Think not silence the wisdom of fools ; but, if rightly timed, the honour of wise men, who have not the infirmity, but virtue of taciturnity ; and speak not out of the abundance, but the well-weighted thoughts of their breasts. Such silence may be eloquence, and speak thy worth above the power of words. Make such a one thy friend, in whom princes may be happy, and great counsels successful. Let him have the key of thy heart, who hath the lock of his own, which no temptation can open ; where thy secrets may lastingly lie, like the lamp in Olybius' urn, alive, and light, but close and invisible.—*Sir Thomas Brown.*

The world has few greater pleasures than that which two friends enjoy, in tracing back at some distant time those transactions and events through which they have passed together.—*Johnson.*

More firm and sure the hand of courage strikes
When it obeys the watchful eye of caution.

Thompson.

Every man has frequent grievances, which only the solicitude of friendship will discover and remedy.—*Johnson.*

Take heed of a speedily professing friend ; love is never lasting which flames before it burns.—*Feltham.*

Who poisons confidence, he murders
The future generations.

Coleridge.

A nameless city in a distant sea,
White as the changing walls of faërie,
Thronged with much people, clad in ancient guise,
I now am fain to set before your eyes :
There, leave the clear green water and the quays,
And pass betwixt its marble palaces,
Until ye come into the chiefest square ;
A bubbling conduit is set midmost there,
And round about it now the maidens throng,
With jest and laughter, and sweet broken song,
Making but light of labour new begun,
While in their vessels gleams the morning sun.

Wm. Morris.

You may *disbelieve* what you have not inquired into, but never energetically *oppose* that which you really know nothing about, and will not even take the trouble to look into. It is dangerous work—very !

T. Bowden Green.

Real merit of any kind cannot long be concealed ; it will be discovered, and nothing can depreciate it but a man's exhibiting it himself. It may not always be rewarded as it ought ; but it will always be known.

Chesterfield.

THE HOUSEWIFE'S CORNER.

SAGO PUDDING.

Wash and pick very clean two ounces of sago, set it on the fire in about a pint of water ; when it boils pour the water from it, then put a pint of new milk and a pinch of salt to the sago, with some cinnamon, and boil it till thick ; when cool, stir in half a pint of cream, five eggs, leaving out two whites ; add sugar to the taste, and bake it with paste round the dish. A few bread-crumbs or biscuit may be added.

HARD CARAWAY BISCUITS.

Mix two pounds of flour, one pound of sugar, two ounces of butter, and one ounce of caraway-seeds, with four eggs and a few spoonfuls of water to make a stiff paste ; roll it thin, cut the cakes in any shape, and bake them on tins : while baking, boil half a pound of sugar in a gill of water to a thin syrup ; while both are hot, dip each cake into it, put them into the oven on tins to dry for a short time, and when the oven is cool, put them in again, and let them remain till quite dry.

CARROT SOUP.

Slice six large carrots into a stew-pan with a quarter of a pound of butter and two heads of celery ; grate the red part only of six large carrots, put it in the pan with a pint of water over a slow fire, let it simmer an hour, then add two quarts more water, and a little catsup and butter if requisite, and the crumbs of two rolls ; let it boil a quarter of an hour, then rub it through a sieve, return it into the pan and make it hot, but do not let it boil.

SAVOY CAKE.

Take the weight of four eggs in fine sugar powdered and sifted, the weight of seven in flour well dried, mix the yolks of the eggs with the sugar you had weighed, a little grated lemon-peel and orange-flower water ; beat them well together half an hour ; then add the whites whipped to a froth, mix in the flour by degrees, beating it all the time ; put it in a tin well-buttered, and bake it an hour. This is a very delicate light cake, and may be baked in a melon mould or any other shape.

PORTRAITS.

THE following Portraits are in preparation :

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects :

- 1.—THRIFT IN THE HOUSE.
- 2.—THRIFT IN THE WORKSHOP.
- 3.—COTTAGE THRIFT.
- 4.—PALACE THRIFT.
- 5.—THRIFT IN THE COUNTING-HOUSE.
- 6.—THRIFT IN PURCHASING.
- 7.—EVERYDAY THRIFT.
- 8.—HOLIDAY THRIFT.
- 9.—OFFICIAL THRIFT.
- 10.—PAROCHIAL THRIFT.
- 11.—NATIONAL THRIFT.
- 12.—THRIFT ABROAD.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway book-stalls.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE:
BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

AN ENGLISHMAN'S HOUSE IS HIS CASTLE.—'THERE IS NO PLACE LIKE HOME.'

No. 49, Vol. II.]

SATURDAY, DECEMBER 27TH, 1879.

PRICE ONE PENNY.
REGISTERED FOR TRANSMISSION ABROAD.



MRS. S. C. HALL.

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; and it will afford a thoroughly INDEPENDENT MEDIUM of INTERCOMMUNICATION between the TENANTS and SHAREHOLDERS of the various Companies and Associations existing for IMPROVING THE DWELLINGS OF THE PEOPLE.

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MRS. S. C. HALL.

WE follow the portrait and sketch of Mr. S. C. Hall, which appeared in our issue of December 6th, with those of this estimable lady, whose literary labours have been so interblended with those of her husband that it is difficult to present a separate sketch of either of them.

Mrs. S. C. Hall, whose maiden name was Fielding, is a native of Wexford. Her mother was of French and Swiss descent. At the age of fifteen she left her native country to reside in London, and in 1824 she was married to Mr. S. C. Hall.

In 1828 her first work, 'Sketches of Irish Character,' appeared, and it was highly useful in softening political and religious prejudices in Ireland. This work at once established the literary fame of Mrs. Hall; and it was followed in rapid succession by her 'Chronicles of a Schoolroom;' 'The Buccaneer,' a novel of the time of the Protectorate; 'Tales of Woman's Trials;' 'The Outlaw;' 'Uncle Horace;' 'Lights and Shadows of Irish Character;' 'Marian, or a Young Maid's Fortunes,' a very popular novel, of which several editions have been published, and which has been translated into German and Dutch; 'Stories of Irish Peasantry,' first published in *Chambers's Edinburgh Journal*; 'The White Boy;' 'Midsummer Eve;' 'A Woman's Story;' 'Can Wrong be Right?' 'The Fight of Faith,' etc.

Mrs. Hall edited for some time *Sharpe's London Magazine*, which, while under her control, became famous for its illustrations and for the purity and excellence of its literary contents. She also established, and for a time edited, the *St. James's Magazine*; and she has been a large contributor to periodical literature.

Some very charming children's books have appeared from her pen, including 'Uncle Sam's Money-Box;' 'Daddy Dacre,' and 'The Prince of the Fair Family.' Mrs. Hall was associated with her husband as joint-author of 'Ireland, its Scenery and Character;' 'The Book of the Thames;' 'Pilgrimages to English Shrines;' and 'A Week at Killarney.' Her temperance tales, perhaps the most pathetic ever published, collected into a noble volume, entitled 'Boons and Blessings,' were issued in conjunction with Mr. Hall's temperance poems. Mrs. Hall wrote a stirring address to the women of England upon the question of temperance, and she has in many ways given evidence of her interest in that movement declared by Mr. Cobden to be the basis of all true reform.

In 1874, the golden-wedding of Mr. and Mrs. S. C. Hall was celebrated; and on the fifty-second anniversary of their wedding-day, a bust of Mr. S. C. Hall was prepared and

presented to her, through the exertions of Mr. Llewellyn Jewitt. Mrs. Hall enjoys a pension of one hundred a year from the Civil List; and Her Majesty has been graciously pleased to confer on Mrs. Hall two special marks of her royal favour—the portraits of herself and the Prince Consort, accompanied by an autograph letter expressing the royal acknowledgments of Mrs. Hall's services in the cause of pure literature.

The following lines were written by Mr. Hall on the fifty-fourth anniversary of their wedding-day, September, 1878:

Yes! we go gently down the hill of life,
And thank our God at every step we go—
The husband-lover and the sweetheart-wife,
Of creeping age, what do we care or know?
Each says of each, 'Our fourscore years thrice told
Would leave us young.' The soul is never old!

What is the grave to us? can it divide
The destiny of two by God made one?
We step across and reach the other side,
To know our blended life is but begun.
These fading faculties are sent to say
Heaven is more near to-day than yesterday.



CORBET'S CHRISTMAS;

OR,

FOR HOUSE AND HOME.

BY HENRY CRATHERN.

CHAPTER I.

'THERE is but one sovereign left, John.'

The voice of the speaker was soft and gentle. No harshness of reproof, no constraint of reproach, was to be heard in its soft sounds, and John Corbet, in the depths of his misery, was glad it was so.

'But one sovereign!' he echoed; and his head sank wearily down upon his hands. His elbows were resting upon his knees, and he himself was crouched up together before a miserable speck of fire, serving only to make the intense cold seem still more intense outside the range of its feeble glow. Yet did he remember that there were others who had not even this small, shadowy semblance of comfort left to them in that cruel and pitiless winter of 18—.

'We have weathered many a trouble before, John,' resumed his wife, "and together we shall clear through this."

There was a prophetic and hope-inspiring ring in the voice now, and Corbet felt the well-spring of hope reviving in his breast as he made answer, simply but manfully—all the more manful his answer for its very simplicity:

'We'll do our best.'

It is a cruel, cold winter. For weeks the stern frost has continued, and Distress and Want, elder sisters of gaunt Famine, have long since stridden from Land's End to John O'Groat's.

From end to end of the land the cry of the hungered and the suffering has arisen; but no relief has come, no succour been extended to them. The rich, fat children of Mammon, the favourites of Fortune, the modern Fortunatuses and Midases—all have shut the eyes of their minds, the ears of their understandings, the doors of their houses, and blocked up with wind-and-woe-impervious sandbags the very windows thereof, that the cry of the widow and the orphan, the stricken and the famishing, shall not reach them.

It is bad in the country—in the little villages and the smaller country towns, with their resident gentry, where amongst all classes a general knowledge of everyone else's business is a matter of custom; but in the great centre of commercial life—in busy London, empress of cities—it is worse.

Here are the great social distinctions maintained—here we find British caste existing in its full vigour. Two hundred a year knows naught of twenty shillings a week, five hundred a year knows still less of two hundred, and so on, right up the scale of plutocracy, to the merchant prince with his fifty thousand, who may never set eyes on the poorly paid men who make his fortune for him.

Yet, what is wealth? It is but heaped-up trash—not seldom, too, heaped up crimes or trickeries. What is riches? The pleasure and enjoyment of wealth rightfully obtained. What is pleasure—real, not so-called, pleasure? It is the right using of that which one has. Be it little or much, then, if what we have be but rightly used, we have pleasure, we are rich, we are wealthy with a wealth the plutocrat knows not of.

In London are located the great mass of the artizan class. Up till a few years back, who cared for their comfort, their well-being? Many now are well-lodged, thanks to a few good and true philanthropists. That there has been much roguery and money-making mixed with the philanthropy is an unfortunate but a preventable evil.

At the time I write of, these efforts had but just started in their present form and John Corbet was living in a flat of one of the earliest batches, of improved dwellings—those of the Corporation, in the Farringdon Road.

A busy thoroughfare then—busier now, since it has been transformed and made part of the great Farringdon Street.

Just where the row of buildings commenced, out in the centre of the roadway, the snorting, puffing, screaming engines of the Metropolitan Railway dashed into the tunnel between Farringdon Street and King's Cross.

Opposite, in all their dilapidation and dirt, were the rookeries of Pear-tree Court and Coppice Row, and running up in front of the great new pile, to the corner of Bowling-green Lane, was another heap of wretched hovels, continued, with gaps between, up to Exmouth Street.

They have disappeared now, those haunts of vice and misery. I remember with what glee I myself, with many others, trespassers, and threatened by the watchman, broke into the brick-encumbered space, and helped with my own hands to demolish some of the rotten walls of the tenements—walls covered with gaudy pictures of 'Turpin's Ride to York' and others of a like pernicious character.

Above the buildings then, as now, stood the decayed and pile-stayed workhouse, with one of the piles in a position to

serve for a rest and a tale-corner for the casuals awaiting their tickets for the 'ward.'

Compared with their surroundings, these buildings of the Corporation were a veritable Temple of Hygiene, and as all the first tenants were carefully selected (they are more than *rather* a mixed lot now), the entire group were clean in appearance, as were also the children who played around the entrances.

In which of the nine blocks of dwellings John Corbet had his abode, it is not necessary here to particularise. Suffice it, then, that it was one of those fronting to the Farringdon Road. Neither, I take it, is it required that I should here state the exact number of stairs he had to ascend to reach his particular home. Considering the almost exactitude with which the time of this story is detailed, such particulars might lead to inquisitive inquiries regarding the actual characters of the narrative, which neither John Corbet nor his humble chronicler would be very well pleased with.

Neither too high up nor too low down—at an altitude sufficient to lift it above the level of the noisome exhalations of the noxious slums opposite, but not so high as to make it difficult, tedious, or tiring to approach—it was so situated as to catch both the fresh air and the pure light of day, and yet not to be uplifted to the clouds.

Three rooms there were—one, facing the street, the sitting-room (at the same time the bedroom of the tenement-holder and his wife), rarely used except on Sundays or holidays, for Mrs. Corbet was a careful housewife, who, knowing at what great cost of time—out of her husband's life-time—her good things had been slowly and painfully accumulated, could not bear that they should now be deemed the fitting adjuncts of everyday-life, but thought them more appropriately the household gods which should surround the bread-winner, to his honour, in the short intervals of rest from ever-recurring daily labour.

The second room was the children's bedroom; next came the kitchen and family living-room, away behind which was the scullery, in which was to be found everything requisite to make the tenement the fac-simile of a house on a single floor.

All three rooms were neat and clean—Mrs. Corbet was a tidy woman, as becomes a good housewife—and all were necessarily plainly, where not barely, furnished.

No luxuries of lounge and easy chair found here a place—the chairs of the kitchen were of wood; in the best room they were cane-bottomed, for distinction's sake.

No velvet pile or Turkey rug could be seen—in the Sunday room was an Axminster carpet, indeed, but the living room had only a strip of oil-cloth where the feet trod most, and a small strip of carpeting for a rug.

Everything was plain and useful—would that the same could be said of every Metropolitan home!

But while we have been making this digression—taking this view and penning this description—it must not be thought that John Corbet has remained with his head upon his hands, crouching over the fragment of a fire.

While uttering those simple words: 'We'll do our best,' he had arisen—his hand had seized that of his wife, and the compact had been ratified with a chaste marital kiss.

'And to think it is only ten days to Christmas!' said Mrs. Corbet. 'And after we've laid by the rent for next Monday

we shall only have twelve and sixpence left to keep us all.'

'Perhaps I shall be able to earn something by then,' said Corbet; 'if not,' he added, grimly, 'it will indeed be a case of beg, borrow, or steal for us all.'

At this moment the sound of youthful voices, mingled with sobs and lamentations was heard. Mrs. Corbet went to the door and opened it, and in came a band of youngsters—two boys and two girls.

'What! Tom home to dinner already?' she exclaimed, as the eldest boy came in first.

'Yes, mother, I've got to go to a shop in the Strand with these watchcases' (showing a sealed packet) 'and get dinner on the way.'

'Well, Polly is just in with the bread—where's the bread, Polly?' she asked the eldest girl, from whom the sobs and lamentations before referred to proceeded.

Polly answered not, but hung her head. Harry, the youngest boy, instead, volunteered the information, with great volubility, that just as Polly got outside the baker's with the loaf in her arms, a boy who had been looking in at the window had darted upon her, seized the loaf, and started off as fast as his legs could carry him.

Both he and Polly had set off in pursuit immediately, leaving Alice (a round-faced curly-haired little cherub of about six years) crying outside the shop; but they had failed to come up with the marauder, and had now returned in tribulation, minus both the bread and (still worse) the money.

John Corbet was at first excited and angry at the recital, and seemed inclined to punish the two children for not making better use of their legs and recovering the food; but Mrs. Corbett said:

'Indeed, John, we cannot call it back now, and to punish the children for what they couldn't help would not make it any the better. Besides, Harry says the boy had been looking in the window—no doubt he was very hungry, and though a great loss, we will not grudge it, since it may be the fatherless is now eating the bread.'

Corbet was appeased; the children were despatched for another loaf, with many commands to be more cautious, and Tom set off on his errand dinnerless, with an injunction to drop in and have something to eat on his way back.

Here the curtain must be drawn on this preliminary glimpse at John Corbet and his home.

CHAPTER II.

WHEN in gruesome November the sorrowful earth exhales in noxious vapours her lamentations for the vanished glories of the passing year—when, as a balm to her sorrows, the overshadowing clouds let gently fall upon her bosom the fleecy mantle of pure white snow—when, later on, the grim Frost King stretches out his all-conquering arm, binding in icy bonds alike the noble lake and the roadside pool—at these changes in the seasons the rich rejoice in their Mammon-blessedness.

In their well-warmed and well-lit homes, cosily ensconced in easy chairs before jovial fires, they can laugh at the change, and joke about the groings of the less fortunate in the outside

blackness, they being themselves secure from the faintest breath of the dense and rheum-breeding air without.

When the first fall of snow has for a while made beautiful the earth, and then silently disappeared, leaving naught but the penetrating slush behind it, they can don their great coats, their wraps, their mufflers and their winter-shoon, and bravely trudge through the midst of the mire, consoled by the reflection that there are warm slippers and bright fires at home. While the snow remains, too, they who can do so betake them to their sledges, and derive health and happiness from the change.

When, again, the icy band is stretched over all around, how happy may they be! Then, heigh for the skates, and away to the broad expanses of the frozen lakes! No sorrows has winter for them—the more austere the weather, the greater the change, the more healthful the sports, the greater the enlivenment and exertion of energy—to enjoy.

But what of the poor? What of those who have not the cosy chimney corners, the glowing fires, the easy chairs, the warm overcoat, the comfortable muffler, the protecting shoes, and the cheerful thoughts of home ahead?

What to them are the joys of the winter season? To sledge is beyond their reach—to skate they have no time. The 'festive season of the year' is to them a snare, making their poverty both by contrast and reality the greater if they attempt to share in the merrymakings; the holidays are a delusion, for who can enjoy a leisure that takes from his pocket the much-needed means of subsistence, aye, perhaps from his mouth the very bread of life itself?

But hark! that ring of bells—joy bells; for at this season of the year the Church commemorates the rising of the star over Bethlehem—the dreary days of Lent are in the future, and the comfortable priests, who consider 'Leave all, and follow Me' a text best left alone, taking, like the rest of the worldlings, 'Dum vivimus, vivamus' ('Let us live while we live') for their motto, have set the starveling bell-ringers to work lustily, resolved upon public watching and praying, and private feasting and pleasure taking.

Hark, how they resound, those bells! 'Peace on earth, goodwill to men' is the legend traced inside each of the costly erections which shelters those who do not pray in the privacy of their chambers, but ostentatiously in the sight and the hearing of the 'respectable,' while from many a Churchman's door the starving, the desponding, the desperate are being answered: 'You are not of my congregation—I know you not, and have naught for you,' and the sleek and the comfortable—fat oxen, fit for the slaughter, not Christians ripe for gathering into the fold—what say the sleek and comfortable members of the flock?—'The times are hard and the rates are heavy. Hadn't you better apply to the police or go to the workhouse?' Verily, 'I was ahungered, and ye fed me not'!

Alas for him who, with a hidden wolf gnawing at his heart, grief for folly fully repented swelling in his breast, despair at his accumulated load of difficulties breaking down his brain, conscious of his own rectitude, applies to one of these for aid, and, misunderstood, despised where he should be esteemed, is driven off with contumely—a mark for the finger of scorn—a butt for the slanders of the evilly disposed!

There are two ancient mottoes we might all impress upon

our memories : 'Nemo mortalium omnibus horis sapit'—'No man is wise at all times'—and 'Nemo repente fuit turpissimus'—'No man ever became incurably vicious at once' ; bearing these maxims in mind, we shall not be led into the error of dismissing every seeming imposture as really such. 'Things are not always what they seem'—what they are can only be discovered by full and personal inquiry.

The bells are ringing—let us resume. The streets are thronged with the gay and the light-hearted—joy appears to reign everywhere. The gladsome jangling of the bells seems to have banished sorrow and pain from out the busy thoroughfares ; and, indeed, but for a few of the most miserable, the most utterly wretched, the shoeless, hatless, coatless, almost garmentless epitomes of misery have retired to their dens alone to brood over their miseries, or into the gin-palaces and the beer-shops, to seek temporary oblivion and relief from the sordid and oppressive cares of impending destitution.

Very few of the wretched but those who have not where to lay their heads are out to-night, in all the glare and glitter of the Christmas shows.

The Christmas shows ! What sights are not to be seen in the shop windows of the great Metropolis on this night of nights ? Turn where you will, there is some new display—turn where you will, there is an eager and a joyous crowd seeking for enjoyment.

Right on through the night, 'till daylight does appear,' as childhood's rhyme emphatically announces, bands of people are to be found patrolling the streets—'waits' and midnight revivalists, carollers and what not—and everywhere a patient, cheerful, and interest-forcing group of listeners, however small the number, however feeble or ineffectual the efforts of the providers of the pleasure.

And so through the night, till Christmas-eve merges into Christmas-day, and again the bells ring out, and long parted friends reclasp the oft-wrung hand midst interchanges of good wishes.

In the houses all is bustle and excitement.

Listen ! From this house sounds out upon the still, resonant frosty air a loud and imperative 'tap, tap, tap ;' then a pause, and again the 'tap, tap, tap.' Here 'father' is surely fixing up the last decorations.

Let up peep inside.

See the children ! Watch their excited little faces—how full of glee they are, how happy, how joyous ! Little know they of the sorrows of the outer world—not yet has experience, that famed old 'worm' the bud, wrung the rose-hue of youth from their 'damask cheeks,' tinged grey their hair, traced wrinkled furrows over their fair young brows, or glazed their eyes to the glassy aspect of hidden troubles ; *their* eyes can still glisten with joy as 'father' takes the bow, the chain, the holly, or the mistletoe from each, the while they watch, now with bated breath and now with noisy chatterings, the humble preparations for the happy morrow.

Now pass with the lightning-speed of thought through yon door, along the passage it opens into—fling wide the door that bars the way at the passage end, and another scene of the late Christmas-eve preparations greets the view.

There stands 'mother,' with sleeves rolled up to the elbow,

arms and hands immersed in a great bowl, a heap of raisins, currants and well-minced peel before her. But hush ! no more. This is the charmed laboratory from whence to-morrow will emerge that much vaunted, much eaten, little digested, yet highly esteemed British institution—the Christmas Pudding.

But in the house of John Corbet none of these preparations are making. All is sorrow there—so deep is the gloom of poverty in their once happy home, that even the children sit in melancholy quiet, hushed into sadness by the overwhelming despair of their parents.

He who has not lived in the house of sorrow cannot tell how heavy must the burden be when even the children feel the shadow of the weight. Children are impressionable ; but least of all are they so to sorrow and its accessories—that must be a heavy and abiding burden which overshadows the brightness of their natural spirits.

By the chimney-side—to say the fire-side, with such a miserable remnant of expiring brightness as here shines forth, would be to misapply the term—beside the fire-place, with eyes bent gloomily upon the vain imagination of a fire, sits John Corbet.

As before, his head is sunk between his hands, his elbows rest upon his knees, but there is no look of despondency in his face now. *That* has deepened, and resolved itself into despair.

Things have not bettered themselves since we first looked in upon him. Bad has become worse—worse has steadily increased in badness to worst, and where all was dark before, a dense blackness has now settled down, and the bright to-morrow of the future has faded from sight before the stern necessities of the present.

No time is there in this house to think of the pleasant accessories of holly and mistletoe—all thought centres on one subject : where find food for the morrow ?

'Tom,' said John Corbet, turning to the eldest of the two boys, 'just run out a while, and take the others with you.'

'Yes, father,' Tom answered ; 'I'll take them round to see the shops—that'll satisfy them till tea-time.'

'Yes, poor children,' said Corbet ; 'it's all of Christmas they can have !'

In a few moments the scanty wraps were placed round the children, and away they went, a sober troop, indeed, to enjoy the pleasure to be obtained from gazing at toys they could not purchase. Yet, a few minutes after they had gained the street, their young spirits rebounded, and their tongues prattled briskly upon the merits of the various shop-shows that met their view.

After they had left the room, Mrs. Corbet drew her chair up to her husband's, and placed her hand lovingly and caressingly on his.

'Don't give way, John, to this passing trouble,' she said, though her eyes filled with tears as there rose in her mind's eye a picture of the further struggles in store for them.

'Ah, Mary ! it's a hard thing for you, as well as for me, to bear. Whatever shall we do ? After that terrible repulse from old Gordon last night, I've no mind to ask any one else for help, and I can see none likely to be offered.'

'Perhaps we can contrive some way, John,' Mrs. Corbet answered. 'The difficulty may be overcome if we persevere.'

'And ourselves and our children die of cold and starvation in the meantime. I've a good mind to try the poor-box; but, I suppose, there too I should be told I ought to be ashamed to ask—as if I wasn't!—a man that had had 'good work for the past four years. They don't know, these philanthropists, how little there is left out of a man's earnings, after paying rent and finding food, clothing and schooling, for one's self and wife and family.'

'Well, never mind that now, John. We'll send the children out again after tea, and consider what we can do.'

CHAPTER III.

THE children have returned to tea. Over the table is spread a tattered cloth—too far gone, as Mrs. Corbet remarks, for mending. So old is it, indeed, that its shadow-worn threads would not bear the strain of new darning-cotton. As with the new wine in the old bottles, so with the new patch in the over-worn garment, or 'article of domestic utility'—the weight of the new material alone would prevent its remaining stationary, and in its falling away it would leave a larger rent than that it was meant to repair.

On the table a few cracked and broken crocks, a rickety-looking old tin tea-pot, a loaf of bread, and a little—a very little butter.

This the material for the meal; but when one is hungry, one does not require one's bread to be toasted, neither does one wish for anything to tempt one's appetite, especially when this is great and the provender small.

In a very short time all is over; it will not do, in such hard times, to press the children to eat more than they want. In fact, they cannot get all they require.

'Please, mother, I want some more,' says Master Harry.

'And so do I,' echoes Miss Alice.

But Tom and Polly are silent. They are old enough to know what father's being at home so much means; with the generosity of which all who know children in their better natures will admit they are full, they stay their cravings, and set themselves to still the tongues of the younger children.

'Oh, you've had enough, I'm sure!' says Tom to Harry. 'Get on your things, and let's have another look at the shops before it's bed-time.'

'Come here, Alice, and let me wash your face. You can't go out so dirty as that,' says Polly.

Both youngsters accepted the invitation held out to them individually, and in a little while John Corbet and his wife were again alone.

Mrs. Corbet at once set to work quietly to clear away the tea-things, and John resumed his seat beside the fire-place, vainly endeavouring to keep up a little warmth—'hugging the fire,' as it is commonly expressed, for that purpose—the while he beheld himself, in the world of fancy, back once more in the workshop, happy and free from care.

Presently Mrs. Corbet sat herself down in the opposite corner, and folding her hands upon her lap—

'Well, John,' she asked, 'what are we to do?'

'I don't know, I'm sure,' was the disheartened response; 'but two heads are better than one, and I know you've got something to propose.'

'Yes; I've been thinking it all over, and I don't see any other way than going to the pawnbroker's again, that is—'

Here she stopped and looked anxiously at her husband.

'If we can find anything to take there, I suppose,' he said.

'Well, I wasn't going to say that,' Mrs. Corbet answered; 'but let us see.'

She rose; and as, after rising, she stood still, John took it that she wished him to do so too. Rising also, therefore—

'Well?' said he, questioningly.

Looking slowly round the room, Mrs. Corbet shook her head, and sighed.

'Nothing here,' she answered.

'There's your shawl behind the door,' said John; 'perhaps we could get half-a-crown or so on that?'

'I want that, I think,' was the reply. 'Let's go further.'

John followed silently into the once best room, shorn now of its carpeting and its pictures. Except for the chairs and the bedstead all was gone—at the first touch of want the long-laboured-for home-comforts had disappeared, leaving but the painful fragrance of their memory behind.

Straight to the bedstead went Mrs. Corbet, and flinging aside the coverings, exposed the bed with its clean ticking.

'This,' she said, 'must be the next. After all these years, John, it is hard to part with it; but we may be able to get it back after a time.'

'And what are we to sleep on, then?' inquired John, amazed.

'On the mattress; it's not so very hard, and if we lay my shawl over of a night, we can double a blanket beneath us to make it softer.'

John argued the point no further; but putting his arm around his wife, and kissing her, led her silently from the room.

Arrived in the kitchen again:

'What do you think it will fetch?' he asked.

'I should think they would give us a sovereign upon it—it's a good feather bed, you know. If they won't, why here,' taking it from her finger as she spoke, 'here is my wedding-ring, which may make up the difference.'

The tears rolled silently down her cheeks the while; but she forced a smile as she added:

'You must send Polly to buy a penny brass one, so that its absence may not be noticed.'

In another quarter of an hour the bed was tied up in the counterpane, and John Corbet struggled down the stairs under the load.

How glad he was that no one met him on the stairs! It was even a matter for rejoicing that everyone in the streets was so busy with his or her private concerns as to take no notice of him and his load.

At length the shop was reached, and assistance was speedily obtained from the very practical philanthropist, licensed by the law, who lends to the poor, providing he has deposited with him goods of the value of three or four times the advance, only charging the *moderate* interest of two and a half per cent. per month.

Let the real philanthropists, who have so successfully inaugurated the coffee-tavern system, come to the rescue of the poor here. Let them open 'Loan Banks'—not 'for the poor'—let them not, I pray, cast a slur upon the unfortunate; on

the present pawnbroking system they can improve by reducing the rate of interest to about five-eighths per cent. per month, which *should be* enough to pay their working expenses, and leave a clear dividend of five per cent. per annum on the capital contributed to this truly charitable work.

Let us take the case of a respectable man thrown into misfortune, who pledges to the amount of £20 before he again obtains work. While in work, we will suppose him capable of saving five shillings a week, or, say, twenty shillings a month, after providing food, shelter, and clothing. How long will it take him to recover his home as he had it before his misfortunes? Let us figure it:

In the 1st month he pays	s.	d.	£	s.	d.
or puts by interest	10	0	and redeems	0	10 0
„ 2nd	9	9	„	0	10 0
„ 3rd	9	6	„	0	10 0
„ 4th	9	3	„	0	10 0
„ 5th	9	0	„	0	10 0
„ 6th	8	9	„	0	10 0
„ 7th	8	6	„	0	15 * 0
„ 8th	8	1½	„	0	10 0
„ 9th	7	10½	„	0	10 0
„ 10th	7	7½	„	0	15 0
„ 11th	7	3	„	0	10 0
„ 12th	7	0	„	0	15 0
„ 13th	6	7½	„	0	15 0
„ 14th	6	3	„	0	10 0
„ 15th	6	0	„	0	15 0
„ 16th	5	7½	„	0	15 0
„ 17th	5	3	„	0	15 0
„ 18th	4	10½	„	0	15 0
„ 19th	4	6	„	0	15 0
„ 20th	4	1½	„	0	15 0
„ 21st	3	9	„	1	0 0
„ 22nd	3	3	„	0	15 0
„ 23rd	2	10½	„	0	15 0
„ 24th	2	6	„	1	0 0
„ 25th	2	0	„	0	15 0
„ 26th	1	7½	„	1	0 0
„ 27th	1	1½	„	1	0 0
„ 28th	0	7½	„	1	0 0

And this would leave 5s. still to redeem, and 1s. 4½d. out of the lessened interest towards it. The man who can gain this time in which to recover his lost ground is indeed a fortunate being. In London alone, there must be thousands of families who have never recovered the first great pawning of necessity—after long and weary years they find themselves still overburdened with this oppressive interest.

But although temporary assistance was thus readily obtained (at how great a cost!), it was not to the amount expected—bed and ring together only made up eighteen shillings, viz., sixteen and sixpence for the bed and one shilling and sixpence for the ring, by which, the odd sixpence in each case counting for two shillings in the matter of interest, the astute pawn-

* By the seventh month the difference of interest would amount to 5s. 3d. Just for the table's sake we will suppose this put by and utilised as occasion offers. This month we take it that 5s. is added to the redemption and 3d. carried over.

broker obtained the same prospective interest as he would have had if the advance had been twenty shillings! Such are the ways of the spiders of humanity.

Sorrowfully, John Corbet wended his way home, heaving many a deep sigh at thought of the difficulties which encompassed him about, with no ray of hope shedding a cheering light on even the most distant horizon. The preparations for the Christmas festivities going on around him seemed a bitter mockery—reckless plenty and unheeded want had met together!

Arrived at home, the money was brought forth from its place of safety in John's otherwise but too empty pocket. Slowly Mrs. Corbet turned it over, and counted it and re-counted it, with a puckered lip and a troubled brow; but at last, turning to her husband and seeing how much more downhearted he seemed at her apparent dissatisfaction, she put it by, only saying:

'It will be a great help, though it might have been more.'

Soon after, Polly was despatched for the penny brass ring that was to take the place—oh, hollow sham!—of the pledged wedding-ring. On her return with the glittering mockery, Mrs. Corbet turned to her husband:

'We'll have a Christmas pudding yet, John, though it be but a poor one.'

'Yes, Mary—we'll have one while we can, if only for old acquaintance' sake, and we'll have our roast beef of Old England, though it be nothing better than a bit of bullock's cheek.'

Later on in the night a shadowy semblance of Christmastide preparation was to be seen in John Corbet's home, and with one half-pint of ale between them, as the clock struck twelve, husband and wife drank each other 'A Merry Christmas and a Happy New Year!'

Would that in all our English houses and homes husband and wife could this Christmas-eve make the same loving and heartfelt exchange—especially in the homes of wealth, where, in too many cases, everything is but Love, the bond of union without which all things else are but pomps and vanities.

CHAPTER IV.

THE Christmas pudding prepared, ready for boiling next morning, and the Christmas greeting exchanged, John Corbet and his wife retired to rest—rest none the less refreshing for that they had sacrificed the luxury of the feathers for the sake of food.

The night passed as such nights do pass—interrupted by occasional songs and music floating up from the street below. The morning dawned, and a little later the bells rang out again, the streets refilled with life and movement, and while the 'unco' guid' went out to the churches to prayer, the worldly wise sought amusement and appetite for the coming gourmandising in the streets and the Parks.

In the home of John Corbet a more natural feeling prevailed than had there found vent for now many weeks past. The children were joyous. The news of the previous evening's purchases was early imparted to them, and their pleasure at it found vent in a hand-in-hand dance around the kitchen table.

Then the various articles—or luxuries, rather—were inspected by the merry troop, and with wild shouts of glee, exuberant and full-lunged hurrahs, a second dance was executed. This was followed by demands for breakfast, and here the day's merry-making commenced, the feast assuming the shape of two herrings—one for father and mother, the other for the children.

Breakfast half through, satisfaction began to call for speech, and Tom was the first to break silence.

'Why, father,' said he, 'we're getting quite rich again. Isn't there a morsel to spare for the dog this morning, mother?'

'Rover! Rover!' shouted Harry; and the call was responded to by a whining and scratching from the other side the kitchen door.

'Really, Tom,' said John Corbet, 'I think we shall have to give "Rover" away for a Christmas-box to somebody. He's an extra mouth, you see, in these hard times.'

'Yes, father,' answered Tom, 'but I should like to keep him, poor fellow—he's the first dog I ever had.'

'Get down and let him in, Polly,' said Mrs. Corbet.

This Polly quickly did, and a middling sized brown retriever came bounding into the room, and up and around his 'master,' and the other children, 'kissing,' as affectionate young dogs seem to consider it their duty to do.

In course of time, and at the expense of his own slender repast, Tom succeeded in finding a morsel for 'Rover,' and presently breakfast was done with, and a general movement from the table followed.

'Now, Tom and Polly, run out and take Harry and Alice with you,' said Mrs. Corbet.

'Yes, mother,' was the spontaneous response from each, and in a short time all were ready for an excursion out of doors—'Rover' included.

Out in the street the youngsters paused to consider what they should do.

'I tell you what,' said Tom; 'let us go through Leather Lane and up Holborn and back round Gray's Inn Lane and down Mount Pleasant home.'

This was agreed to *nem. con.*, and off they went. But before they had got far a great discovery was made—'Rover' was no longer with them, and back they turned in search of him.

Now 'Rover,' like others of his kind—like more rational animals also, from whose sentience and education better things are to be expected—was not of a too faithful disposition, and had a bad habit of roaming off wherever the greatest temptations were held out to him.

It had, then, been quite sufficient excuse for his straying away that, shortly after the children set out for their walk, he had heard from behind a very quiet and seductive whistle. Looking round, he had, in addition, seen a hand extended towards him, the thumb and fingers of which were gently rubbed together in accompaniment to the whistle, as if they were extending to him some appetising morsel; and, as soon as the hand's owner was assured that the dog was taken with the snare, the said hand was slapped several times with a gentle force upon a trousered leg, and in a fear-away charming voice came the words:

'Here, boy! Here, dog! Good dog! Come along, old fellow!'

And straightway 'Rover,' true to his name, had gone from

his rightful lord at the whispered promise of the stranger, deluded by fair words.

The children turned back quietly enough for their search. They knew 'Rover' of old, and were aware that he carried out in his action the name that they had given to him. So they went back carelessly enough, till Tom, suddenly catching sight of 'Rover' marching quietly away with the stranger whose blandishments had proved too strong for the 'good dog's' fidelity, suddenly gave a loud shout of 'Rover!' and called out to the stranger:

'I say, d'ye hear, that's my dog you've got there. You'd better drop that little game, my friend.'

Away he dashed at full speed towards the outrageous couple, and seizing the recalcitrant dog by the ear, endeavoured to drag him back to his companions.

'Look you here, my little man,' said the stranger, a dark, handsome man of about five-and-thirty, 'that's a good dog if it's properly used, and I won't let you ill-use it. Now, look at me: is it your dog?'

'Yes, sir,' said poor Tom, somewhat dismayed and crest-fallen at this unexpected speech; 'I can prove that it is.'

'Well, do you want to sell it?' asked the stranger.

'I don't know,' said Tom. 'Wait a minute and let me think.'

What was the course of his thoughts cannot be said; certain it is, however, that he soon decided.

'Yes,' he said presently; 'what will you give me for him?'

'Well, you see,' replied the stranger, 'I don't exactly want the dog myself, but I should like it for a present for a friend of mine. I'll give you half-a-crown for it.'

'Get out,' was Tom's answer; 'the dog's worth a sovereign!'

'Very well,' said the man; 'I hope you'll get it'—and away he moved.

Tom stood for a few moments in thought, during which the man got some little distance away; then he hurried after him, and catching up with him, said:

'Where's the money?—you shall have him.'

A few moments later, and the four children had each and severally kissed their canine friend for the last time—and the thoughtless creature wagged his tail and bounded for glee as he trotted along behind his master, away from the friends of his doggish childhood.

An hour later the children, with the exception of Tom, returned home in a state of great excitement. This was at once remarked by Mrs. Corbet; but though she questioned them as to the cause, she was none the wiser—Tom had forbidden them to tell of the morning's adventure; he himself would tell the tale when he came in.

Dinner being now ready, Harry was sent out on the balcony to call him, and presently he appeared. Mrs. Corbet's knife dropped from her hand into the dish before her, in which lay the bit of meat she was carving, while John Corbet jumped up from his seat and exclaimed:

'Why, whatever have you got there, Tom?'

It was the first time for some weeks that he had been so thoroughly aroused. The exciting cause, a quart can of ale, was placed upon the table, and a few minutes sufficed to tell the tale of the morning's bargaining. Of the money, Tom proposed giving eighteen-pence to his mother, and spending the sixpence

left after paying for the ale on fruits and sweetstuffs for the evening.

The dinner was then attacked.

A small portion of roast beef, a few potatoes, and a good share of Scotch kale was the allotment to each. But what there was, was attacked with a ready will as an unusual display of luxury, to which the hearty appetite born of frequent fasting or half-satisfaction was, if anything, a rather uncomfortable accessory, calling for more, especially with the younger children, than could well be spared.

If in the next census papers it were possible to include a question to all adults as to their income and appetite, whether good, bad, or indifferent, and if the answers to such a question could be relied upon as truthful, how much would the advantage in respect of appetite be on the side of the poor! Without doubt, as the scale of wealth increased, the scale of appetite would decrease, and fifty pound a year would be found nearer a healthful mean than fifty thousand.

The simple viands above spoken of were followed by an equally simple Christmas pudding, compounded of flour and raisins and currants, and a very small modicum of candied peel—the very same ingredients, be it remarked, which, prepared in a different manner, went to make up the Christmas cake that later in the day garnished the tea-table.

It was after this latter meal, indeed, that the real enjoyments of the day commenced. For the first time for many weeks a bright fire was made up, and the lamp was burning with a fullness of light which lit up the corners of the room in a now unwonted manner.

On that same table, too, were spread out the products of Tom's judiciously expended sixpence: quarters of oranges in plenty, a sprinkling of sweets, and chestnuts and 'Barcelonas' galore. It cannot indeed be said that 'the table literally groaned beneath the weight' of its accumulated luxuries; but, which was better, the children cheered at sight of them, and even John and Mary Corbet felt that some of the gloom of poverty had lifted from off their spirits.

Later on in the evening, too, John Corbet got out from the cupboard an old Christmas annual, that dear old 'Message from the Sea,' the best of an inimitable series, whose glories have now departed; Mrs. Corbet, in her turn, sung a song, and the children played 'blind man's buff;' and thus in sober joy passed a Christmas night whose eve had been one of overpowering despondency.

CHAPTER V.

BUT there is a time that brings an end to all pleasures—that time known to childhood's hour as the period when 'the dustman is about,' and sweet drowsiness steals over the senses, preparatory to a sleep still sweeter.

To sleep the 'sleep of the just' is a good thing in popular estimation; but it is a better far to lay one's self down to well-earned repose, with the knowledge that there is no canker-worm at the heart laying in wait to drive away the 'sweet restorer.'

The sleep of the just cannot always be welcome; for he who is just without being merciful must needs sometimes act in a manner which the quiet self-communion of the silent midnight

chamber will not sanction, and at such times it is that the over-ridden heart takes its revenge in torturing doubts of the real utility of that scant and unmerciful justness which deals out justice and nothing more.

In John Corbet's household the night passed peacefully indeed. For the husband and father, the wife and mother, had each done their best possible in their relations both towards each other and towards their children; and in the quiet sleep that follows duty done to the best of ability, their troubles were forgotten and their cares were laid at rest. For the time being they were laving in the waters of Lethe—the sorrows and toils of daily life were blotted out in the nepenthe of slumber.

For the time only, however: to nearly all there comes the dreaded or longed-for morrow.

The morrow came—Master Harry's birthday—in natural course; and with it returned the gloom and despair, though in a lesser degree, of the Christmas-eve.

To the children, indeed, it was yet a time of joy. There were yet some remains of the yesterday's feasting, and to-day was Boxing-day—who could say what it might not bring forth?

Outside, also, it was again a season of gaiety. The streets were early thronged with streams of lively merry-makers, *en route* from all around and further northwards to the London Bridge Station for 'the Palace' railway—the Palace indeed then, for the Muswell Hill rival of Sydenham had not then arisen—that worthy rival, which now resurrected, a Phoenix upspring from its own ashes, has brought rational enjoyment home to the doors, as it were, of the northern suburbs of the Metropolis.

Here is to be seen a band of young men out for a day's roistering and joviality—worshippers of Bacchus, whose woe-begone but would-be joyful visages bear yet the signs of the previous night's dissipation—there, again, is paterfamilias, with the almost grown-up son and daughter, skates dangling from their arms, off for a quieter day's enjoyment in the Park, while materfamilias brings up the rear with the younger children and the perambulator stocked with provisions—the colder pleasure of looking on is their share; but they have determined upon it, and it is not what we have to enjoy, but the way we set about it, that really makes up true enjoyment. They will doubtless be happy. Yonder, too, comes yet another band of happiness-seekers—this time a band indeed, for the party is made up of a banjo-twanger, concertina-player, and tin-whistle-blower, with one or two others behind them singing in unison; the words of their song tell us they are a temperate party. The chief enjoyment of the day will nevertheless be theirs.

The passing by of this latter party exercises a rousing influence upon the children in the once more misery-clouded home of John Corbet, and with a unanimous shout of delight they rush out on to the balcony and watch their progress down the street, till first the performers and next the sounds of their instruments die away. Then they return.

But their spirits are roused within them, and they cannot again settle down into dismal do-nothingness.

Tom is the first to speak.

'Can't we go out somewhere, mother?' he asks.

'Who are we?' smilingly questions Mrs. Corbet.

'All of us,' says Tom.

'Father and I can't come, but you and Polly can take Harry and Alice out, if you like.'

'Oh,' says Polly, 'let's all go to St. James's Park and have a romp!'

'Not me,' is Tom's ungrammatical but vigorous rejoinder; 'I shall go to Regent's Park—that's much jollier.'

'And take me!' cries Harry.

'And me too!' puts in Alice.

Presently it is settled; the children are dressed in their scanty wraps, and out they wander, provided with food for the midday meal, and with strict injunctions to return before dusk.

These they promise to obey, and off they go together, a merry little party, forced into activity by the extremity of the cold, from which they are all imperfectly protected.

When the children had departed, John Corbet settled himself down by the fire-place once more, with the Christmas annual of the previous night in his hand, the broken thread of which he was about to weave afresh.

Mrs. Corbet, on her part, found plenty to do for some little time in clearing away the litter from the past night's pleasure and the *débris* from the morning's meal; but while she went with light step but a heavy heart about her housework, she was revolving in her mind what means she might employ to best advantage in again endeavouring to remove from her husband's mind, if for ever such a short time, the memory of their troubles.

It was a hard task she had set herself, and she felt reluctant to set about it; for a chance slip might carry any conversation out of the intended channel into the one from which she wished to escape.

At last she hit upon a plan which she thought might succeed, and coming up close to her husband, she said:

'Shall we go out ourselves this morning, John? You know I have not been to see father for such a long time, and he will think it very unkind of us not to go and see him, if it's only for an hour. I dare say he expected us yesterday, and if we don't go to-day I'm sure he'll be disappointed.'

For a while John remained staring blankly at the book before him; then he answered slowly:

'I don't see we can do much good by going there. We can't even take happy faces with us, and the poor old man has quite enough to trouble him in his rheumatics without hearing tales of trouble he cannot alleviate.'

'Ah, poor old man! Last year we were able to carry comfort with us!' sighed Mrs. Corbet, unconsciously carrying the conversation in the very direction she wished it to avoid; 'how very different it was with us then!'

'Yes; and now we can only go there to make him more miserable, and, for myself, I'd rather stay away,' replied John. 'No doubt he'll think it unkind, but I think it will be far kinder for us not to go—we can do him no good, and he can do us none, and we should neither of us be any the better contented with our misfortunes for listening to the story of the other's.'

'Very well, then,' said Mrs. Corbet, giving up the point, though reluctantly; 'but you'll take me for a little walk sometime in the day, won't you?'

'Yes, Mary,' was the response, 'if you'll treat me to half-a-pint.'

'Oh, John,' exclaimed Mrs. Corbet, 'how can you think of wasting money in beer, when we have so little of it!'

'Well, I don't see that it's much waste, Mary. Besides, I'm thinking of Tom's song last night:

"Never, boys, give way to sorrow,
But be up and act like men;
Look with joy towards the morrow—
Sunny days will come again."

It's not long to the New Year, and things are sure to look up then. Don't you think we can keep going for another fortnight, Mary?'

'I don't see that we can, John. If it wasn't for the rent, we might stand a chance; but that's so heavy, now we've got nothing coming in regularly except Tom's money.'

'Well, I'll see the collector myself, and ask him to let us run in arrears for a fortnight. I don't expect he'll object much.'

'But if you don't get work then, whatever shall we do?'

'What should we do if we paid the rent and I didn't get work?'

This was a clinching of the argument which was unanswerable.

'We have only fifteen shillings left now, John,' said Mrs. Corbet, as a turn off from this knotty problem; 'and Tom's money for the fortnight only makes another ten—little enough to keep us all for fourteen days.'

'But you can do it, Mary, I think,' said John; 'somehow or other you'll manage it, I know—but *how*, I don't know—won't you?'

'I think I can, dear; but I can't see that I can afford even a single penny for beer out of it.'

'Well, suppose we leave the beer out of the reckoning, then?'

'Oh, John! if you would only say that for always!' said Mrs. Corbet.

'For always!—for ever, do you mean? I'm afraid I couldn't keep it. But if you like——'

He paused—an uncomfortable feeling of distrust came over him; but overcoming it with an effort, he took his wife in his arms, and as they folded round her and he kissed her lips:

'Dear wife,' said he, 'I won't take any oath to it, but I'll promise you not to touch the drink till we are set square with the world again—and I'll keep it.'

CHAPTER VI.

ONCE more the joy-bells ring out—once more happy throngs perambulate the streets.

The old year is passing away, silently but swiftly; but no thought is given to the aged—all are anxious to welcome in the young.

The year that long since crept through its verdant childhood, bounded through its glorious youth, lagged through its mellow autumn, and is now creeping once more, in withered, weakened, whitened old age, from the scene of its hope and its triumph, its decrepitude and its decay—this year, cold and shrunken, with nothing to hope for and nothing to promise, is no con-

genial companion: 'All hail!' cries the world to the little stranger that so playfully, so coyly, but so slowly advances—that stranger that has yet to live and to conquer in its future, in whose coming times there is everything to be expected, and by whom all things are promised—'All hail!' cries the world, as with one voice, and they ignore that for this too the future veils old age and decrepitude, decay and death.

Alas! all is vanity. The seasons change and the years roll on, and the expiring year may be casting its glance back over a century in search of the mouldering and mildewed bones of those who then thought they had outlived its span—the span of Time—the dread, the terrible, the immeasurable, the infinite.

The seasons change—but we change not with them. For us no more returns our verdant childhood—happy days of yore, when sorrow was not, and to a natural eye all things seemed good; no more will be ours that glorious youth, when, all things being roseate, success was ever certain till failure came—no more for us the days of 'love's young dream,' when ardour and imagination went hand in hand together, and the harsh blow of disillusion had not bowed us down to the dust to discover the clay feet of our idol; no more for us, once gone, will return our autumn days—the days of mature happiness, when the pulse should be calm and the mind settled—hopes and aspirations fulfilled or laid by as unattainable—no more! Our winter-time of decrepit old age comes on apace—before we have had time well to satisfy ourselves that we are living, before we have had time to assure ourselves that our mode of life is the right mode, our views of life and its duties true views, our vitality is ebbing, our faculties are fading: we have fallen from the sere and yellow leaf into the dense ice-bonds and hoar-frosts of our latter days, and for us the spring returns no more.

Yet we do not fade entirely from the scene. Our spirit lives—our work remains, and ever over the left-behind hovers the consciousness, the spirit, the Ego of the gone-before.

The new year brings with it changes, however, either actual or prospective. How many hearts at this season grow big with joy at the welcome knowledge of extended means! how many grow sick with hope deferred, awaiting the change the new year has not brought! How many, their new year hopes turned into certainties, shake from beneath their feet the clinging clods which have bound them to the earth, and soar forth upon their destined way unhampered, free, with hearts uplifted in grateful thanks; but how many, alas! are doomed yet still to toil, to strive, to struggle with their bonds, cramped, fettered with their unseen manacles, the which, unknown, meet with no aid, no sympathy, while the suffering heart and brain, dejected, anguish-torn, outworn by the constant unsuccess, grow sick and faint and weak with baffled hopes and fruitless strivings, till at length the crushing weight is removed by some desperate strain—yet lifted only to a height from which it may descend again with still greater and more remorseless power.

For John Corbet the new year brought its change. Work revived, trade grew brisker, and John was, fortunately, one of the first to profit by the revival.

From that time forward there was a slow but steady improvement in the home life: sober, temperate, and frugal, economy was practised in all things. The habit of making spare, contracted perforce during the season of distress, was not forgotten with returning prosperity. It is a lesson hard to learn, but after it is once accomplished it abides—it is not an evanescent and everyday experience, but one which, once obtained, will outlast the difficulties which enforced the application.

Yet what an uphill task that was, the getting round!

For a long time but little visible progress was made. For the first month all the scanty savings were needed to make up arrears of rent, and then for another month each week some little thing was wanted for the children, or some deficiency in the wardrobe of John or his wife required making

good. And this was an item that recurred ever and anon as an impediment to the work of redemption from the thrall of the pawnbroker.

By slow degrees, however, one article after another was redeemed—first the much prized wedding-ring and next the marital bed; but it was a lengthened task, constantly interrupted—now by lack of work for a short period, now by some trifling but none the less costly illness of one or other of the family, but more than all by the making good of dilapidations in wearing apparel. But they are happy now, though not of the richest. Here let us leave them.

Once down in the mire of difficulty, and it is a long and wearying task to rise again. To the man who is down, moreover, opportunities come in vain—generally at the very moment when of all others it would be folly to attempt to seize them. Brilliant prospects are but made the more brilliant by the impossibility of their being pursued—there is no hope. At times dazzled, at others in deepest depression, the mental faculties gradually decline before the contest; to glimpses of hope succeed long periods of blackest despair, till at length it would seem comparative happiness to be deprived of the power to think, to feel, to know to do, but to experience only to suffer, and the heart and the brain yearn for oblivion as the sole relief to their living agony.

The sole relief? Nay there is a nobler and a better far. To work!—to work till the eyes grow dim, the brain reels, the limbs grow cramped, the extremities cold, and Nature, fainting beneath the strain, imperatively calls for rest. This is the relief, the only relief short of self-annihilation, for the sorrow, anguish, agony of the heart that writhes in the knowledge of its own bitterness.

* * * * *

Let us cease this strain. As the words are penned, the feelings run—and the thoughts of the past and the emotions of the present are as one. The present runs back to the past, the past encroaches on the present—they coalesce, unite, and mingle into one. The then becomes the now, and it seems that the now is the then returned, or never passed. Chaos has come upon the mind—the landmarks of time and place are effaced, overwhelmed by the flood of gall-bitter memories; in the uncreate void the 'undigested germs' of thought make ceaseless strife, and from out the dense darkness of the midnight gloom the soul cries loud for succour and for rest.

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